The Queen-like Closet,

OR

RICH CABINET:

Stored with all manner of

RARE RECEIPTS

FOR

Preserving, Candying and Cookery.

Very Pleasant and Beneficial to all Ingenious Persons of the FEMALE SEX.

To which is added,

A SUPPLEMENT,

PRESENTED

To all Ingenious LADIES, and GENTLEWOMEN.

By *Hannah Wolley.*

The Third EDITION.

LONDON,

Printed for *Richard Lowndes* at the *White Lion* in *Duck-Lane*, near *West-Smithfield*, 1675.

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THE QUEENE-LIKE CLOSET Or RICH CABINET

Printed for Rich: Lownes
at the White Lion in Duck Lane neare West Smith field 1675

MVSEVM
BRITAN
NICVM

TO THE

TRULY VIRTUOUS

AND

My much Honoured Friend

Mrs *GRACE BUZBY*,

Daughter to the Late

Sir *HENRY CARY*,

Knight Banneret;

And WIFE to

Mr *ROBERT BUZBY*,

Gentleman, and Wollen Draper

of *LONDON*.

Madam,

YOur Kind and Good Acceptance of my Endeavours in Work for You, and that Esteem You have for what else I can do,

make me bold to preſent this Book to you; which by that time You have peruſed, I doubt not but You will deem it worthy of the Title it bears; and indeed it was never opened before: If it may yield You any Delight or Benefit, I ſhall be glad; for as You have a true Love and Eſteem for me, ſo I have a very great Love and Honourable Eſteem for You; and ſhall always be

Your moſt Obſervant

Servant,

HANNAH WOLLEY.

To all Ladies, Gentlewomen, and to all other of the Female Sex who do delight in, or be desirous of good Accompliſhments.

Ladies and Gentlewomen,

I *Preſume thoſe Bookes which have paſſed from me formerly, have got me ſome little credit and eſteem amongſt you.*

But there being ſo much time paſt ſince they were Printed, that me-

methinks, I hear ſome of you ſay I wiſh Mrs. *Walley* would p forth ſome New Experiment *and to ſay the Truth, I ha been importun'd by divers of m Friends and Acquaintance to d ſo.*

I ſhall not give an Apiſh Ex ample every Day or Week to fo low ridiculous and fooliſh Fan cies; nor could I be too like th Spaniard, *always to keep in on Dreſs: I am not aſhamed nor do I diſown what I have al ready Printed, but ſome of yo being ſo perfect in your Practiſes and I very deſirous ſtill to ſerv you, do now preſent you with this* Queen-like Cloſet: *I d aſſure you it is worthy of the Ti*

tl

e it bears, for the very precious bings you will find in it.

Thus beſeeching your kind Ac- ptance of this Book, and of my rneſt Deſires to you, I take my eave, but ſhall always be to all ho have eſteem for me,

Their Faithful and

Humble Servant,

HANNAH WOLLEY.

Ladies, I do here preſent you (yo
That which ſure will well content
A Queen-like Cloſet rich and brave ;
(Such) not many Ladies have :
Or Cabinet, in which doth ſet
Gems richer than in Karkanet ;
(They) only Eyes and Fancies pleaſe,
Theſe keep your Bodies in good eaſe ;
They pleaſe the Taſte, alſo the Eye ;
Would I might be a ſtander by,
Yet rather I would wiſh to eat,
Since 'bout them I my Brains do beat ;
And 'tis but reaſon you may ſay,
If that I come within your way ;
I ſit here ſad while you are merry,
Eating Dainties, drinking Perry ;
But I'm content you ſhould ſo feed,
So I may have to ſerve my need.

Hannah Wolle

THE Queen-like CLOSET, OR Rich Cabinet.

1. *To make* Aqua Mirabilis *a very delicate way.*

TAke three Pints of Sack, three Pints of White Wine, one quart of the Spirit of Wine, one quart of the juice of Celandine leaves, of Melilot-flowers, Cardamum-ſeeds, Cubebs, Galingale, Nutmegs, Cloves, Mace, Ginger, two Drams of each; bruiſe them, and mix them with the Wine and Spirits, let it ſtand all night in the Still, not

an Alembeck, but a Common Still, close stopped with Rye Paste; the next morning make a slow fire in the Still, and all the while it is stilling, keep a wet Cloth about the neck of the Still, and put so much white Sugar Candy as you think fit into the Glass where it drops.

2. *The Plague-Water which was most esteemed of in the late great Visitation.*

Take three Pints of Muskadine, boil therein one handful of Sage, and one handful of Rue until a Pint be wasted, then strain it out, and set it over the Fire again.

Put thereto a Penniworth of Long Pepper, half an Ounce of Ginger, and a quarter of an Ounce of Nutmegs, all beaten together, boil them together a little while close covered, then put to it one penniworth of Mithridate, two penniworth of Venice Treacle, one quarter of a Pint of hot Angelica Water.

Take one Spoonful at a time, morning and evening always warm, if you be already diseased; if not, once a day is sufficient all the Plague time.

It is a most excellent Medicine, and never faileth, if taken before the heart be utterly mortified

mortified with the Disease; it is also good for the Small Pox, Measles, or Surfets.

3. *A very Soveraign Water.*

Take one Gallon of good Claret Wine, then take Ginger, Galingale, Cinnamon, Nutmegs, Grains, Cloves, Anniseeds, Fennel-seeds, Caraway-seeds, of each one dram; then take Sage, Mint, Red Rose leaves, Thyme, Pellitory of the Wall, Rosemary, Wild Thyme, Camomile, Lavander, of each one handful, bruise the Spices small and beat the Herbs, and put them into the Wine, and so let it stand twelve hours close covered, stirring it divers times, then still it in an Alembeck, and keep the best Water by it self, and so keep every Water by it self; the first you may use for aged People, the other for younger.

This most excellent Water was from Dr. *Chambers*, which he kept secret till he had done many Cures therewith; it comforteth the Vital Spirits; it helpeth the inward Diseases that come of Cold; the shaking of the Palsie; it helpeth the Conception of Women that are barren; it killeth the Worms within the Body, helpeth the Stone within the Bladder; it cureth the Cold, Cough, and Tooth-ach, and com-

forteth the Stomach; it cureth the Dropsie, and cleanseth the Reins; it helpeth speedily the stinking Breath; whosoever useth this Water, it preserveth them in good health, and maketh seem young very long; for it comforteth Nature very much: with this Water Dr. *Chambers* preserved his own life till extreme Age would suffer him neither to go nor stand one whit, and he continued five years after all Physicians judged he could not live; and he confessed that when he was sick at any time, he never used any other Remedy but this Water, and wished his Friends when he lay upon his Death-Bed to make use of it for the preservation of their Health.

4. *To make Spirit of Mints.*

Take three Pints of the best white Wine, three handfuls of right Spear-mint picked clean from the stalks, let it steep in the Wine one night covered, in the morning, put it into a Copper Alembeck, and draw it with a pretty quick fire; and when you have drawn it all, take all your Water and add as much Wine as before, and put to the Water, and the same quantity of Mint as before; let it steep two or three hours, then put all into your Still, and draw it with a soft fire, put

into

into your Receiver a quantity of Loaf Sugar, and you will find it very excellent; you may distil it in an ordinary Still if you please; but then it will not be so strong nor effectual.

Thus you may do with any other Herbs whatsoever.

5. *To make the Cordial Orange-Water.*

Take one dozen and a half of the highest coloured and thick rin'd Oranges, slice them thin, and put them into two Pints of Malago Sack, and one Pint of the best Brandy, of Cinamon, Nutmegs, Ginger, Cloves, and Mace, of each one quarter of an Ounce bruised, of Spear-mint and Balm one handful of each, put them into an ordinary Still all night, pasted up with Rye Paste; the next day draw them with a slow fire, and keep a wet Cloth upon the Neck of the Still; put in some Loaf Sugar into the Glass where it droppeth.

6. *To make Spirit of Oranges or of Limons.*

Take of the thickest rin'd Oranges or Limons, and chip off the Rinds very thin put these Chips into a Glass-bottle, and put in as many as the Glass will hold, then put in as much Malago Sack as the Glass will

hold besides; stop the bottle close that no Air get in, and when you use it, take about half a Spoonful in a Glass of Sack; it is very good for the Wind in the Stomach.

7. *To make Limon Water.*

Take twelve of the fairest Limons, slice them, and put them into two Pints of white Wine, and put to them of Cinamon and Galingile, of each, one quarter of an Ounce, of Red-Rose Leaves, Burrage and Bugloss Flowers, of each one handful, of yellow Sanders one Dram, steep all these together 12 hours, then distil them gently in a Glass Still, put into the Glass where it droppeth, three Ounces of Sugar, and one Grain of Amber-Greece.

8. *A Water for fainting of the Heart.*

Take of Bugloss water and Red-Rose water of each one Pint, of Red Cows milk half a Pint, Anni-seed and Cinamon of each half an Ounce bruised, Maiden-hair two handfulls, Harts-tongue one handful, bruise them, and mix all these together, and distill them in an ordinary Still, drink of it Morning and Evening with a little Sugar.

9. To

9. *To make Rosemary Water.*

Take a Quart of Sack or White Wine with as many Rosemary Flowers as will make it very thick, two Nutmegs, and two Races of Ginger sliced thin into it; let it infuse all night, then distil it in an ordinary Still as your other waters.

10. *To make a most precious Water.*

Take two Quarts of Brandy, of Balm, of Wood-Betony, of Pellitory of the Wall, of sweet Marjoram, of Cowslip-Flowers, Rosemary-Flowers, Sage-Flowers, Marigold-Flowers, of each of these one handful bruised together, then take one Ounce of Gromwell seeds, one Ounce of sweet Fennel seeds, one Ounce of Coriander seeds bruised, also half an Ounce of Anniseeds, and half an Ounce of Caraway-seeds, half an Ounce of Juniper Berries, half an Ounce of Bay Berries, One Ounce of green Licoras, three Nutmegs, one quarter of an Ounce of large Mace, one quarter of an Ounce of Cinamon, one quarter of an Ounce of Cloves, half an Ounce of Ginger, bruise all these well together, then add to them half a pound of Raisons in the Sun stoned, let all these steep

together in the Brandy nine days close stop-ped, then strain it out, and two Grains of Musk, two of Amber-Greece, one pound of refined Sugar; stop the Glass that no Air get in, and keep it in a warm place.

11. *Doctor* Butler's *Treacle Water.*

Take the roots of Polipody of the Oak bruised, *Lignum Vitæ* thin sliced, the inward part thereof, Saxifrage roots thin sliced, of the shavings of Harts-horn, of each half a pound, of the outward part of yellow Citron not preserved; one Ounce and half bruised, mix these together;

Then take

of { Fumitory water, Carduus-water, Camomile-water, Succory-water } Of each one Ounce.

of Cedar wood one Ounce, of Cinamon three drams, of Cloves three drams, bruise all your forenamed things;

Then take of Epithimum two Ounces and a half, of Cetrarch six Ounces, of Carduus and balm, of each two handfuls, of Burrage Flowers, Bugloss Flowers, Gilly-flowers, of each four Ounces, of Angelica root, Elecampane root beaten to a Pap, of each four Ounces, of Andronichus Treacle and Mithri-

Mithridate, of each four Ounces; mix all these together, and incorporate them well, and grind them in a Stone Mortar, with part of the former Liquor, and at last, mix all together, and let them stand warm 24 hours close stopped, then put them all into a Glass still, and sprinkle on the top of *Species Aromatica rosata* and *Diambre*, of the Species of *Diarodon abbatis*, *Diatrion Santalon*, of each six drams; then cover the Still close, and lute it well, and distill the water with a soft fire, and keep it close.

This will yield five Pints of the best water, the rest will be smaller.

12. *The Cordial Cherry Water.*

Take nine pounds of red Cherries, nine pints of Clarret Wine, eight Ounces of Cinamon, three Ounces of Nutmegs, bruise your Spice, stone your Cherries, and steep them in the Wine, then add to them half a handful of Rosemary, half a handful of Balm, one quarter of a handful of sweet Marjoram, let them steep in an earthen Pot twenty four hours, and as you put them into the Alembeck, to distil them, bruise them with your hands, and make a soft fire under them, and distil by degrees; you may mix the waters at your pleasure when you have drawn them

all; when you have thus done, sweeten with Loaf-Sugar, then strain it into another Glass, and stop it close that no Spirits go out; you may (if you please) hang a Bag with Musk and Amber-greece in it; when you use it, mix it with Syrrup of Gilly-flowers or of Violets, as you best like it; it is an excellent Cordial for Fainting fits, or a Woman in travel, or for any one who is not well.

13. *A most excellent Water for the Stone, or for the Wind-Cholick.*

Take two handfuls of Mead-Parsly, otherwise called Saxifrage, one handful of Mother-Thyme, two handfuls of Perstons, two handfuls of Philipendula, and as much Pellitory of the Wall, two Ounces of sweet Fennel seeds, the roots of ten Radishes sliced, steep all these in a Gallon of Milk warm from the Cow, then distil it in an ordinary Still, and four hours after, slice half an Ounce of the wood called Saxifrage, and put into the Bottle to the water, keep it close stopped, and take three spoonfuls at a time, and fast both from eating and drinking one hour after; you must make this water about Midsummer; it is a very precious water, and ought to be prized.

14. *The*

14. *The Cock water, most delicate and precious for restoring out of deep Consumptions, and for preventing them, and for curing of Agues, proved by my self and many others.*

Take a Red Cock, pluck him alive, then slit him down the back, and take out his Intrals, cut him in quarters, and bruise him in a Mortar, with his Head, Legs, Heart, Liver and Gizard; put him into an ordinary Still with a Pottle of Sack, and one quart of Milk new from a red Cow, one pound of blew Currants beaten, one pound of Raisins in the Sun stoned and beaten, four Ounces of Dates stoned and beaten, two handfuls of Peniroyal, two handfuls of Pimpernel; or any other cooling Herb, one handful of Mother-thyme, one handful of Rosemary, one handful of Burrage, one quart of Red Rose water, two ounces of Hartshorn, two Ounces of China root sliced, two Ounces of Ivory shaving, four Ounces of the flower of French Barley; put all these into your Still and paste it up very well, and still it with a soft fire, put into the Glass where it droppeth one pound of white

Sugar

Sugar Candy beaten very ſmall, twelve peniworth of Leaf-Gold, ſeven grains of Musk, eleven grains of Amber-greece, ſeven grains of Bezoar ſtone; when it is all diſtilled, mix all the waters together, and every morning faſting, and every evening when you go to bed, take four or five ſpoonfuls of it warm, for about a Month together, this hath cured many when the Doctors have given them over.

15. *Walnut water, or the Water of Life.*

Take green Walnuts in the beginning of *June*, beat them in a Mortar, and diſtil them in an ordinary Still, keep that Water by it ſelf, then about Midſummer gather ſome more, and diſtil them as you did before, keep that alſo by it ſelf, then take a quart of each and mix them together, and diſtil them in a Glaſs Still, and keep it for your uſe; the Virtues are as followeth; It will help all manner of Dropſies and Palſies, drank with Wine faſting; it is good for the eyes, if you put one drop therein; it helpeth Conception in Women if they drink thereof one ſpoonful at a time in a Glaſs of Wine once a day, and it will make your skin fair if you wash therewith; it is good for all infirmities of the Body, and driveth

driveth out all Corruption, and inward Bruiſes; if it be drunk with Wine moderately, it killeth Worms in the Body; whoſoever drinketh much of it, ſhall live ſo long as Nature ſhall continue in him.

Finally, if you have any Wine that is turned, put in a little Viol or Glaſs full of it, and keep it cloſe ſtopped, and within four days it will come to it ſelf again.

16. *To make Wormwood Water.*

Take four ounces of Anniſeeds, four ounces of Licoras ſcraped, bruiſe them well with two Ounces of Nutmegs, add to them one good handful of Wormwood, one root of Angelica, ſteep them in three Gallons of Sack Lees and ſtrong Ale together twelve hours; then diſtil them in an Alembeck, and keep it for your uſe.

17. *A very rare Cordial Water.*

Take one Gallon of white Wine, two Ounces of Mithridate, two Ounces of Cinamon, one handful of Balm, a large handful of Cowſlips, two handfuls of Roſemary Flowers, half an Ounce of Mace, half an Ounce of Cloves, half an Ounce of Nutmegs, all bruiſed, ſteep theſe together four days in an earthen Pot, and covered very cloſe

close, distil them in an ordinary Still well pasted, and do it with a very slow fire, save the first water by it self, and the small by it self, to give to Children; when you have occasion to use it, take a spoonful thereof, sweetened with Loaf-Sugar; this Water is good to drive out any Infection from the heart, and to comfort the Spirits.

18. *Another most excellent Cordial.*

Take Celandine, Sage, Costmary, Rue, Wormwood, Mugwort, Scordium, Pimpernel, Scabious, Egrimony, Betony, Balm, Carduus, Centory, Peniroyal, Elecampane roots, Tormentil with the roots, Horehound, Rosa Solis, Marigold Flowers, Angelica, Dragon, Marjoram, Thyme, Camomile, of each two good handfuls; Licoras, Zedoary, of each one Ounce; slice the Roots, shred the Herbs, and steep them in four quarts of white Wine, and let it stand close covered 2 dayes, then distil it in an ordinary Still pasted up; when you use it, sweeten it with fine Sugar, and warm it.

19. *To make* Rosa Solis.

Take a Pottle of *Aqua Composita*, and put it into a Glass, then a good handful of *Rosa Solis* clean picked, but not washed, put it

it to the *Aqua Compositæ*, then take a pound of Dates stoned and beaten small, half a penniworth of Long Pepper, as much of Grains, and of round Pepper, bruise them small, take also a pound of Loaf-Sugar well beaten, a quarter of a pound of powder of Pearl, and six leaves of Book Gold; put all to the rest, and stir them well together in the Glass, then cover it very close, and let it stand in the Sun fourteen days, ever taking it in at night; then strain it, and put it into a close Bottle; you must not put in the Pearl, Gold or Sugar till it hath been sunned and strained, neither must you touch the Leaves of the *Rosa Solis* with your hands when you pick it; keep it very close.

20. *The Heart Water.*

Take five handfuls of Rosemary Flowers, two drams of red Coral, two drams of Powder of Pearl, two drams of white Amber, two drams of Cinamon, two pound of the best Prunes stoned, six Pints of Damask Rose water, two Pints of Sack; put all these into a Pipkin never used, stop it up with Paste, let them stand upon a soft fire a little while, then distil it in an ordinary Still pasted up.

21. *The*

21. *The Plague Water.*

Take Rosemary, Red Balm, Burrage, Angelica, Carduus, Celandine, Dragon, Featherfew, Wormwood, Penyroyal, Elecampane roots, Mugwort, Bural, Tormentil, Egrimony, Sage, Sorrel, of each of these one handful, weighed weight for weight; put all these in an earthen Pot, with four quarts of white Wine, cover them close, and let them stand eight or nine days in a cool Cellar, then distil it in a Glass Still.

22. *The Treacle Water.*

Take one pound of old Venice Treacle, of the Roots of Elecampane, Gentian, Cyprus, Tormentil, of each one Ounce, of Carduus and Angelica, half an Ounce, of Burrage, Bugloss, and of Rosemary Flowers one Ounce of each: infuse these in three Pints of white Wine, one Pint of Spring Water, two Pints of Red Rose water; then distil them in an ordinary Still pasted up.

This is excellent for Swounding Fits or Convulsions, and expelleth any venomous Disease; it also cureth any sort of Agues.

23. *The*

23. *The Snail water excellent for Consumptions.*

Take a peck of Snails with the Shells on their Backs, have in a readiness a good fire of Charcoal well kindled, make a hole in the midst of the fire, and cast your Snails into the fire, renew your fire till the Snails are well roasted, then rub them with a clean Cloth, till you have rubbed off all the green which will come off.

Then bruise them in a Mortar, shells and all, then take Clary, Celandine, Burrage, Scabious, Bugloss, five leav'd Grass, and if you find your self hot, put in some Wood-Sorrel, of every one of these one handful, with five tops of Angelica.

These Herbs being all bruised in a Mortar, put them in a sweet earthen Pot with five quarts of white Wine, and two quarts of Ale, steep them all night; then put them into an Alembeck, let the herbs be in the bottom of the Pot, and the Snails upon the Herbs, and upon the Snails put a Pint of Earth-worms slit and clean washed in white Wine, and put upon them four Ounces of Anniseeds or Fennel-seeds well bruised, and five great handfuls of Rosemary Flowers well picked, two or three

Races

Races of Turmerick thin ſliced, Harts-horn and Ivory, of each four Ounces, well ſteeped in a quart of white Wine till it be like a Jelly, then draw it forth with care.

24. *To make a rare ſweet Water.*

Take ſweet Marjoram, Lavender, Roſemary, Muſcovy, Maudlin, Balm, Thyme, Walnut Leaves, Damask Roſes, Pinks, of all a like quantity, enough to fill your Still, then take of the beſt Orrice Powder, Damask Roſe Powder, and Storax, of each two Ounces, ſtrew one handful or two of your Powders upon the Herbs, then diſtil them with a ſoft fire; tie a little musk in a piece of Lawn, and hang it in the Glaſs wherein it drops, and when it is all drawn out, take your ſweet Cakes and mix them with the powders which are left, and lay among your Clothes, or with ſweet Oyles, and burn them for perfume.

25. *A very good Surfet Water.*

Take what quantity of Brandy you pleaſe, ſteep a good quantity of the Flowers of Red Poppies therein, which grow amongſt the Wheat, having the black bottoms cut off, when they have been ſteeped long enough, ſtrain

ſtrain them out, and put in new, and ſo do till the Brandy be very red with them, and let it ſtand in the Sun all the while they infuſe, then put in Nutmegs, Cloves, Ginger and Cinamon, with ſome fine Sugar, ſo much as you think fit, and keep it cloſe ſtopped; this is very good for Surfets, Wind in the Stomach, or any Illneſs whatever.

26. *An excellent Water for the Stomach, or againſt Infection.*

Take Carduus, Mint and Wormwood, of each a like quantity, ſhred them ſmall and put them into new Milk, diſtil them in an ordinary Still with a temperate fire; when you take any of it, ſweeten it with Sugar, or with any Syrrup, what pleaſes you beſt; it is a very good water, though the Ingredients are but mean.

27. *The Melancholly Water*

Take of the Flowers of Gilliflowers, four handfuls, Roſemary flowers three handfuls, Damask Roſe leaves, Burrage and Bugloſs flowers of each one handful, of Balm leaves ſix handfuls, of Marigold flowers one handful, of Pinks ſix handfuls, of Cinamon groſly beaten, half an Ounce, two Nutmegs beaten, Anniſeeds beaten one Ounce, three

peniworth

peniworth of Saffron; put them all into a Pottle of Sack, and let them ſtand two days, ſtirring them ſometimes well together; then diſtil them in an ordinary Still, and let it drop into a Glaſs wherein there is two grains of Musk, and eight ounces of white Sugar Candy, a[illegible]ome Leaf-Gold; take of this Water three times a week faſting, two ſpoonfuls at a time, and oftner if you find need; diſtil with ſoft fire; this is good for Women in Child-bed if they are faint.

28. *To make the Elder Warter, or Spirit of* Sambucus.

Take ſome Rye Leaven, and break it ſmall into ſome warm Water, let it be a ſowre one, for that is beſt; about two Ounces or more: then take a Buſhel of Elder Berries beaten ſmall, and put them in an earthen Pot and mix them very well with the Leaven, and let it ſtand one day near the Fire; then put in a little Yeſt, and ſtir it well together to make it riſe, ſo let it ſtand ten days covered, and ſometimes ſtir it; then diſtil it in an Alembeck; keep the firſt Water by it ſelf, and ſo the ſecond, and the third will be good Vinegar if afterward you colour it with ſome of the Berries.

Diſtil

Distil it with a slow fire, and do not fill the Still too full.

This Water is excellent for the Stomach.

29. *To make the Balm water Green.*

Take any Wine or Lees of Wine, or good Strong Beer or Ale with the Grounds, and stir them all together very well, lest the Wine Lees be too thick, and burn the bottom of the Pot; put them into an Alembeck with good store of Balm unwashed, therein still these till you leave no other tast but fair water, and draw also some of that, draw two Alembecks full more as you draw the first, until you have so much as will fill your Alembeck, then put this distilled water into your Alembeck again, and some more Balm, if you draw a Wine-Gallon, put to it half a pound of Coriander seeds bruised, two Ounces of Cloves, one quarter of an Ounce of Nutmegs, and one quarter of an Ounce of Mace bruised all of them, then set a Receiver of a Gallon under it, and fill it with fresh and green Balm unwashed, and your Water will be as green as Grass; put still more and more of the Herbs fresh; and let it stand a week to make it the more green.

Take this Green Water, and put to it one quart

quart of the best damask Rosewater, and before you mix your Balm-water and Rosewater together, you must dissolve two pounds of fine Sugar in the first dissolved water, then take Ambergreece and Musk, of each eight Grains, being ground fine, and put it into the Glass in a piece of Lawn; put also a little Orange or Limon Pill to it, and keep it cool and from the Air.

30. *To make the very best Surfet-water.*

Take one Gallon of the best French Spirits, and a Pint of Damask-Rose-water, half a Pint of Poppy water, one pound of white Sugar Candy bruised, then take one pound and half of Raisins in the Sun stoned, half a pound of Dates stoned and sliced, then take one Ounce of Mace, one Ounce of Cloves, one Ounce of Cinamon, one Ounce of Annifeeds rubbed clean from the dust, then take a quarter of an Ounce of Licoras clean scraped and sliced, and all the Spices grosly beaten, let all these steep in Spirits four days; then take a quarter of a peck of Red Poppy Leaves fresh gathered, and the black part cut off, and put them in, and when it hath stood four or five days, strain it and put it into your Glass, then put in your Sugar-

Sugar-Candy finely beaten, twelve peniworth of Ambergreece, six peniworth of Musk, keep it close, and shake it now and then, and when you use it, you may put some kind of Syrrup to it, what you please.

31. *To make the true Palsie-water, as it was given by that once very famous Physician Doctor* Matthias.

Take Lavender Flowers stripped from the stalks, and fill a Gallon-Glass with them, and pour on them good Spirit of Sack, or perfect *Aqua vitæ* distilled from all Flegm, let the quantity be five quarts, then circulate them for six weeks, very close with a Bladder, that nothing may break out; let them stand in a warm place, then distil them in an Alembeck with his Cooler, then put into the said water, of Sage, Rosemary, and Wood Betony Flowers; of each half a handful, of Lilly of the Valey, and Burrage, Buglos, and Cowslip Flowers, one handful of each; steep these in Spirit of Wine, Malmsie, or *Aqua vitæ*, every one in their Season, till all may be had; then put also to them of Balm, Motherwort, Spikeflowers, Bay leaves, the leaves of Orange trees, with the Flowers, if they may be had,

of

of each one Ounce, put them into the aforesaid distilled Wine all together, and distil it as before, having first been steeped six Weeks; when you have distilled it, put into it Citron Pill, dried Piony seeds hull'd, of each five Drams, of Cinamon half an Ounce, of Nutmegs, Cardamum seeds, Cubebs, and yellow Saunders, of each half an Ounce, of Lignum Aloes one dram; make all these into Powder, and put them into the distilled Wine abovesaid, and put to them of Cubebs anew, a good half pound of Dates, the stones taken out, and cut them in small pieces, put all these in, and close your Vessel well with a double Bladder; let them digest six weeks, then strain it hard with a Press, and filtrate the Liquor, then put into it of prepared Pearl, Smaragdus, Musk and Saffron, of each half a Scruple, and of Ambergreece one Scruple, red Roses dried well, Red and Yellow Saunders, of each one Ounce, hang these in a Sarsenet Bag in the water, being well sewed that nothing go out.

The Virtues of this Water.

This Water is of exceeding Virtue in all Swoundings and Weaknesses of the heart, and decaying of Spirits in all Apoplexies and Palsies,

Palsies, also in all pains of the Joints coming of Cold, for all bruises outwardly bathed and dipped Clothes laid to; it strengtheneth and comforteth all animal, natural and vital Spirits, and cheareth the external Senses, strengtheneth the memory, restoreth lost Speech, and lost Appetite, all weakness of the Stomach, being both taken inwardly, and bathed outwardly; it taketh away the Giddiness of the Head, helpeth lost Hearing, it maketh a pleasant Breath, helpeth all cold disposition of the Liver, and a beginning Dropsie; it helpeth all cold Diseases of the Mother; indeed none can express sufficiently, it is to be taken morning and evening, about half a Spoonful with Crums of Bread and Sugar.

32. *For a Cough of the Lungs, or any Cough coming of Cold, approved by many.*

Take a good handful of French Barley, boil it in several waters till you see the water be clear, then take a quart of the last water, and boil in it sliced Licoras, Anniseeds bruised, of each as much as you can take up with your four Fingers and your Thumb, Violet Leaves, Strawberry Leaves, five fingered Grass, Maidenhair, of each half a

handful, a few Raisins in the Sun stoned; boil these together till it come to a Pint, then strain it, and take twelve or fourteen Jordan Almonds blanched and beaten, and when your water is almost cold, put in your Almonds, and stir it together, and strain in; then sweeten it with white Sugar Candy; drink this at four times, in the morning fasting, and at four of the Clock in the Afternoon a little warmed; do this nine or ten days together; if you please, you may take a third draught when you go to Bed; if you be bound in your body, put in a little Syrup of Violets; the best way to take it, is to suck it through a straw, for that conveys it to the Lungs the better.

33. *To make the best Bisket-Cakes.*

Take four new laid Eggs, leave out two of the Whites, beat them very well, then put in two spoonfuls of Rose-water, and beat them very well together, then put in a pound of double refin'd Sugar beaten and searced, and beat them together one hour, then put to them one pound of fine Flower, and still beat them together a good while; then put them upon Plates rubbed over with Butter, and set them into the Oven as fast as you can, and have care you do not bake them too much.

34. *Per-*

34. *Perfumed Roses.*

Take damask Rose Buds, and cut off the Whites, then take Rose-water or Orange-Flower-water wherein hath been steeped *Benjamin, Storax, Lignum Rhodum,* Civet or Musk, dip some Cloves therein and stick into every Bud one, you must stick them in where you cut away the Whites; dry them between white Papers, they will then fall asunder; this Perfume will last seven years.

Or do thus.

Take your Rose Leaves cut from the Whites, and sprinkle them with the aforesaid water, and put a little powder of Cloves among them.

35. *To make Tincture of Caraways.*

Take one quart of the Spirits of French Wine, put into it one pound of Caraway Comfits which are purled, and the Pills of two Citron Limons; let it stand in a warm place to infuse, in a Glass close stopped for a Month, stirring it every day once.

Then strain it from the seeds, and add to it as much Rosewater as will make it of a pleasant taste, then hang in your Bottle a little Ambergreece, and put in some

Leaf-Gold; this is a very fine Cordial.

36. *To get away the Signs of the Small Pox.*

Quench ſome Lime in white Roſe-water, then ſhake it very well, and uſe it at your pleaſure; when you at any time have waſhed with it, anoint your face with Pomatum, made with Spermaceti and oyl of ſweet Almonds.

37. *To make clouted Cream.*

Take Milk that was milked in the morning, and ſcald it at noon; it muſt have a reaſonable fire under it, but not too raſh, and when it is ſcalding hot, that you ſee little Pimples begin to riſe, take away the greateſt part of the Fire, then let it ſtand and harden a little while, then take it off, and let it ſtand until the next day, covered, then take it off with a Skimmer.

38. *To make a* Devonſhire-*White-pot.*

Take two quarts of new Milk, a peny white Loaf ſliced very thin, then make the Milk ſcalding hot, then put to it the Bread, and break it, and ſtrain it through a Cullender, then put in four Eggs, a little Spice, Sugar,

Sugar, Raisins, and Currans, and a little Salt, and so bake it, but not too much, for then it will whey.

39. *To make the* Portugal *Eggs.*

Take a very large Dish with a broad brim, lay in it some *Naples* Bisket in the form of a Star, then put so much Sack into the Dish as you do think the Biskets will drink up: then stick them full with thin little pieces of preserved Orange, and green Citron Pill, and strew store of French Comfits over them, of divers colours, then butter some Eggs, and lay them here and there upon the Biskets, then fill up the hollow places in the Dish, with several coloured Jellies, and round about the Brim thereof lay Lawrel Leaves guilded with Leaf-Gold; lay them flaunting, and between the Leaves several coloured Jellies.

40. *To Candy Flowers the best way.*

Take Roses, Violets, Cowslips, or Gilly-flowers, and pick them from the white bottoms, then have boiled to a Candy height Sugar: and put in so many Flowers as the Sugar will receive, and continually stir them with the back of a Spoon, and when you see the Sugar harden on the sides of the

Skillet, and on the Spoon, take them off the Fire, and keep them with ſtirring in the warm Skillet, till you ſee them part, and the Sugar as it were ſifted upon them, then put them upon a paper while they are warm and rub them gently with your hands, till all the Lumps be broken, then put them into a Cullender and ſift them as clean as may be, then pour them upon a clean Cloth, and ſhake them up and down till there be hardly any Sugar hanging about them; then if you would have them look as though they were new gathered, have ſome help, and open them with your fingers before they be quite cold, and if any Sugar hang about them, you may wipe it off with a fine Cloth; to candy Roſemary Flowers, or Archangel, you muſt pull out the ſtring that ſtands up in the middle of the Bloſſom, and take them which are not at all faded, and they will look as though they were new gathered, without opening.

41. *To pickle Cucumbers.*

Take the leaſt you can get, and lay a layer of Cucumbers, and then a layer of beaten Spices, Dill, and Bay Leaves, and ſo do till you have filled your Pot, and let the Spices, Dill, and Bay Leaves cover them, then

then fill up your pot with the best Wine Vinegar, and a little Salt, and so keep them.

Sliced Turneps also very thin, in some Vinegar, Pepper and a little Salt, do make a very good Sallad, but they will keep but six Weeks.

42. *To make Sugar-Cakes.*

Take a pound of fine Sugar beaten and searced, with four Ounces of the finest Flower, put to it one pound of Butter well washed with Rose-water, and work them well together, then take the Yolks of four Eggs, and beat them with four spoonfuls of Rose-water, in which hath been steeped two or three days before Nutmeg and Cinamon, then put thereto so much Cream as will make it knead to a stiff Paste, rowl it into thin Cakes, and prick them, and lay them on Plates, and bake them; you shall not need to butter your Plates, for they will slip off of themselves, when they are cold.

43. *To make a very fine Cream.*

Take a quart of Cream, and put to it some Rosewater and Sugar, some large Mace, Cinamon and Cloves, boil it together for a quarter of an hour, then take the Yolks of eight Eggs, beat them together with some

of your Cream, then put them into the Cream which is boiling, keep it ſtirring leſt it curdle, take it from the fire, and keep it ſtirring till it be a little cold, then run it through a ſtrainer, diſh it up, and let it ſtand one night, the next day it will be as ſtiff as a Cuſtard, then ſtick it with blanched Almonds, Citron Pill and Eringo roots, and ſo ſerve it in.

44. *To make Syrup of Turneps for a Conſumption.*

Take half a peck of Turneps waſhed and pared clean, cut them thin, put to them one pound of Raiſins of the Sun ſtoned, one quarter of a pound of Figs cut ſmall, one Ounce of Anniſeeds bruiſed, half an Ounce of Licoras ſliced, one Ounce of Cloves bruiſed, two handfuls of Burrage Flowers, and ſo much water as will cover all, and two fingers breadth above them, then boil it on a great fire in an earthen Veſſel covered, untill the roots be ſoft and tender, then ſtrain out the Liquor, and to every Pint of it put a pound of fine Sugar, the whites of two Eggs beaten, boil it to a Syrup, and uſe it often, two or three ſpoonfuls at a time.

45. *For a Conſumption.*

Take a Pint of Red Cows milk, then take the Yolk of a new laid Egg potched very rare, then ſtir it into the milk over a ſoft fire, but do not let it boil, ſweeten it with a little Sugar Candy, and drink it in the morning faſting, and when you go to bed.

46. *To make Bottle Ale for a Conſumption.*

Take a quart of Ale, and a Pint of ſtrong *Aqua vitæ*, Mace and Cinamon, of each one quarter of an Ounce, two Spoonfuls of the powder of Elecampane root, one quarter of a pound of Loaf Sugar, one quarter of a pound of Raiſins of the Sun ſtoned, four ſpoonfuls of Anniſeeds beaten to Powder, then put all together into a Bottle and ſtop it cloſe.

Take three ſpoonfuls of this in a morning faſting, and again one hour before Supper and ſhake the Bottle when you pour it out.

47. *To make Cakes of Quinces.*

Take the beſt you can get, and pare

them, and slice them thin from the Core, then put them into a Gallipot close stopped, and tie it down with a Cloth, and put it into a Kettle of boiling water, so that it may stand steddy about five hours, and as your water boils away in the Kettle, fill it up with more warm water, then pour your Quinces into a fine hair Sieve, and let it drain all the Liquor into a Bason, then take this Liquor and weigh it, and to every pound take a pound of double refin'd Sugar, boil this Sugar to a Candy height, then put in your Liquor, and set them over a slow fire, and stir them continually till you see it will jelly, but do not let it boil; then put it into Glasses, and set them in a Stove till you see them with a Candy on the top, then turn them out with a wet Knife on the other side upon a white Paper, sleeked over with a sleek-stone, and set them in the Stove again till the other side be dry, and then keep them in a dry place.

48. *To make Marmalade of Apricocks.*

Take Apricocks, pare them and cut them in quarters, and to every pound of Apricocks put a pound of fine Sugar, then put your Apricocks into a Skillet with half of the Sugar, and let them boil very tender and gently,

gently, and bruise them with the back of a Spoon, till they be like Pap, then take the other part of the Sugar, and boil it to a candy height, then put your Apricocks into that Sugar, and keep it stirring over the fire, till all the Sugar be melted, but do not let it boil, then take it from the fire, and stir it till it be almost cold; then put it in Glasses, and let it have the Air of the fire to dry it.

49. *To make Limon Cakes.*

Take half a pound of refin'd Sugar, put to it two spoonfuls of Rose-water, as much Orange-Flower-water, and as much of fair water, boil it to a Candy height, then put in the Rind of a Limon grated, and a little Juice, stir it well on the fire, and drop it on Plates or sleeked Paper.

50. *To make Wafers.*

Take a quart of Flower heaped and put to it the yolks of four Eggs, and two or three spoonfuls of Rose-water, mingle this well together, then make it like Batter with Cream and a little Sugar, and bake it on Irons very thin poured on.

51. *To make Marmalade of Cherries with Currans.*

Take four pounds of Cherries when they are ſtoned, and boil them alone in their Liquor for half an hour very faſt, then pour away the Liquor from them, and put to them half a Pint and little more of the juice of Currans, then boil a pound of double refin'd Sugar to a Candy height, and put your Cherries and Juice of Currans in that, and boil them again very faſt till you find it to jelly very well.

52. *To preſerve Rasberries.*

Take the weight of your Rasberries in fine Sugar, and take ſome Rasberries and bruiſe them a little, then take the cleareſt of the bruiſed Rasberries, I mean the Juice and the weight of it in Sugar, and your other Sugar named before, and boil it, and ſcum it, then put in your whole Rasberries, and boil them up once, then let them ſtand over the fire without boiling till you ſee it will Jelly, and that it look clear, then take up your Rasberries one by one, and put them into Glaſſes, then boil your Syrup, and put it over them.

53. *To make Syrup of Ale, good for weak People to take inwardly, or to heal old Sores, applied thereto.*

Take two Gallons of Ale Wort, the strongest you can get, so soon as it is run from the Grounds, set it on the fire in a Pipkin, and let it boil gently and that you do perceive it to be as though it were full of Rags, run it through a strainer, and set it on the fire again, and let it boil until it be thick, and scum it clean, and when it is much wasted, put it into a lesser Pan to boil, or else it will burn; when it is thick enough, take it off, and when it is cold, put it into Gallipots, take as much as a Walnut fasting, and as much when you go to bed.

54. *To make whipt Sillthub.*

Take half a Pint of Rhenish Wine or white Wine, put it into a Pint of Cream, with the whites of three Eggs, season it with Sugar, and beat it as you do Snow-Cream, with Birchen Rods, and take off the Froth as it ariseth, and put it into your Pot, so do till it be beaten to a Froth, let it stand two or three hours till it do settle, and then it will eat finely.

55. *To*

55. *To make Raisin-Wine, or Stepony.*

Take four Gallons of Spring-water, four pounds of Raisins of the Sun stoned, the juice of four good Limons, and the Rind of two cut thin, boil the Raisins, and Pill in the Water for half an hour or more, then put in the juice of Limon, and a little Spice, Sugar and Rose-water, and let it stand but a little more over the fire; then put it into an earthen pot, and beat it together till it be cold, then bottle it up, it will keep but a few days.

Memorandum, Two pounds of Sugar to one pound of Cowslips is enough for Conserve.

56. *To boil Samphire.*

Take Water and Salt so strong as will bear an Egg, boil it, and when it boils, put in your Samphire unwashed, and let it scald a little, then take it off, and cover it so close that no Air can get in, and set the Pot upon a cold Wisp of Hay, and so let it stand all night, and it will be very green, then put it up for your use.

57. *To make Cabbage Cream.*

Take twenty five Quarts of new Milk, ſet it on the fire till it be ready to boil, ſtir it all the while that it creams not, then pour it into twenty ſeveral Platters ſo faſt as you can, when it is cold, take off the Cream with a Skimmer, and lay it on a Pie Plate in the faſhion of a Cabbage, crumpled one upon another, do thus three times, and between every Layer you muſt mingle Roſe-water and Sugar mingled thick, and laid on with a Feather; ſome uſe to make a little Cream and boil it with Ginger, then take it from the fire and ſeaſon it with Roſe-water and Sugar, and the Juice of Jordan Almonds blanched and beaten, then ſtir it till it be cold, that it cream not; then take Toaſts of Manchet cut thin, not too hard, nor brown, lay them in the bottom of the Diſh, and pour the Cream upon them, and lay the Cabbage over.

58. *To make a Triſle.*

Take ſweet Cream, ſeaſon it with Roſe-water and Sugar, and a little whole Mace, let it boil a while, then take it off, and let it cool, and when it is lukewarm put it into ſuch little Diſhes or Bowls as you mean to

ſerve

ſerve it in; then put in a little Runnet, and ſtir it together; when you ſerve it in, ſtrew on ſome French Comfits.

59. *To make thick Cream.*

Take ſweet Cream, a little Flower finely ſcarced, large Mace, a ſtick of Cinamon, Sugar and Roſewater, let all theſe boil together till it be thick, then put into it thick Cream, the yolks of Eggs beaten, then let it ſeeth but a little while for fear of turning, then pour it out, and when it is cold ſerve it in.

60. *To pickle Purſlan to keep all the Year.*

Take the Leaves from the ſtalks, then take the Pot you mean to keep them in, and ſtrew Salt over the bottom, then lay in a good row of the Leaves, and ſtrew on more Salt, then lay in a row of the ſtalks, and put in more Salt then a row of the Leaves, ſo keep it cloſe covered.

61. *To ſtretch Sheeps Guts.*

After they are clean ſcoured, lay them in water nine days, ſhifting them once a day, and they will be very eaſie to fill, and when they are filled, they will come to their wonted bigneſs.

62. *To*

62. *To make Cream of Paſtes and Jellies.*

Put Eggs into the Cream as you do for a Fool, and ſlice your Sweet-meats very thin, and boil with them, then ſweeten it, and put it into a Diſh.

63. *To make a rare Medicine for the Chine-Cough.*

Make a Syrup of Hyſop-water and white Sugar Candy, then take the Powder of Gum Dragon, and as much of white Sugar Candy mixed together, and eat of it ſeveral times of the day, or take the above-named Syrup, either of them will do the Cure.

64. *For a Conſumption.*

Take of Syrup of Violets, Syrup of Horehound, Syrup of Maidenhair and Conſerve of Fox Lungs, of each one Ounce, mix them well together, and take it often upon a Liquoras ſtick in the day time, and at night.

65. *To make very rare Ale.*

When your Ale is turned into a Veſſel that will hold eight or nine Gallons, and that hath done working, ready to be ſtop-

ped

ped up, then take a Pound and half of Raisins of the Sun stoned and cut in pieces, and two great Oranges, Meat and Rind, and sliced thin, with the Rind of one Limon, and a few Cloves, one Ounce of Coriander seeds bruised, put all these in a Bag, and hang them in the Vessel, and stop it up close; when it hath stood four days, bottle it up, fill the Bottles but a little above the Neck, and put into every one a Lump of fine Sugar, and stop them close, and let it be three Weeks or a Month before you drink it.

66. *To make Ale to drink within a Week.*

Tun it into a Vessel which will hold Eight Gallons, and when it hath done working, ready to bottle, put in some Ginger sliced, and an Orange stuck with Cloves, and cut here and there with a Knife, and a pound and half of Sugar, and with a Stick stir it well together, and it will work afresh; when it hath done working, stop it close, and let it stand till it be clear, then bottle it up, and put a Lump of Sugar into every Bottle, and then stop it close, and knock down the Corks, and turn the Bottles the Bottoms upwards, and it will be fit to drink in a Weeks time.

67. *For*

67. *For the Griping in the Guts.*

Take a peniworth of Brandy, and a peniworth of Mithridate mixed together, and drink it three nights together when you go to rest, or take a little Oil of Anniseeds in a Glass three times.

68. *To make a Sack Posset.*

Take twelve Eggs beaten very well, and put to them a Pint of Sack, stir them well that they curd not, then put to them three Pints of Cream, half a Pound of white Sugar, stirring them well together, when they are hot over the fire, put them into a Bason, and set the Bason over a boiling pot of water, until the Posset be like a Custard, then take it off, and when it is cool enough to eat, serve it in with beaten Spice strewed over it very thick.

69. *To make Pennado.*

Take Oatmeal clean picked and well beaten, steep it in water all night, then strain it and boil it in a Pipkin with some Currans, and a Blade or two of Mace, and a little Salt; when it is well boiled, take it off, and put in the Yolks of two or three new laid Eggs beaten with Rose-water, then set it

on

on a soft fire, and stir it that it curd not, then sweeten it with Sugar, and put in a little Nutmeg.

70. *To make Cakes without Fruit.*

Take four pounds of fine Flower, rub into it one pound of Butter very well, then take warmed Cream, and temper it with Ale yest, so mix them together, and make them into a Paste, put in a little Rosewater, and several Spices well beaten, let it lie by the fire till the Oven heat, and when you make it up, knead into it half a pound of Caraway Comfits, and three quarters of a pound of Bisket-Comfits, make it up as fast as you can, not too thick, nor cut it too deep, put it into a hoop well butter'd, and wash it over with the White of an Egg, Rosewater, and Sugar, and strew it with some Comfits; do not bake it too much.

71. *A Sack Posset without Milk.*

Take thirteen Eggs and beat them very well, and while they are beating, take a quart of Sack, half a pound of fine Sugar, and a Pint of Ale, and let them boil a very little while, then put these Eggs to them, and stir them till they be hot, then take it from the fire, and keep it stirring a while, then

then put it into a fit Baſon, and cover it cloſe with a diſh, then ſet it over the fire again till it ariſe to a Curd, then ſerve it in with ſome beaten ſpice.

72. *A very fine Cordial.*

One Ounce of Syrup of Gilly-flowers, one dram of Confection of Alkermes, one Ounce and a half of Burrage-water, the like of Mint-water, one Ounce of Dr. *Mountford's* water, as much of Cinamon water mixed together.

73. *The beſt way to preſerve Goosberries green and whole.*

Pick them clean and put them into water as warm as milk, ſo let them ſtand cloſe covered half an hour, then put them into another warm water and let them ſtand as long, and ſo the third time, till you find them very green; then take their weight in fine Sugar, and make a Syrup, then put them in, and let them boil ſoftly one hour, then ſet them by till the next day, then heat them again, ſo do twice, then take them from that Syrup and make a new Syrup and boil them therein, till you find they be enough.

74. *To*

74. *To make the Orange Pudding.*

Take the Rind of a ſmall one, pared very thin, and boiled in ſeveral waters, and beaten very fine in a Mortar, then put to it four Ounces of fine Sugar, and four Onnces of freſh Butter, and the Yolks of ſix Eggs, and a little Salt, beat it together in a Mortar till the Oven heats, and ſo butter a diſh and bake it, but not too much; ſtrew Sugar on it, and ſerve it to the Table, Bake it in Puff-paſt.

75. *To make French Bread.*

Take half a Buſhel of fine Flower, ten Eggs, one pound and a half of freſh Butter, then put in as much Yeſt as you do into Manchet, temper it with new Milk pretty hot, and let it lye half an hour to riſe, then make it into Loves or Rolls, and waſh it over with an Egg beaten with Milk; let not your Oven be too hot.

76. *To make a made Diſh.*

Take four Ounces of ſweet Almonds blanched, and beaten with Roſewater, ſtrain them into ſome Cream, then take Artichoke bottoms boiled tender, and ſome boiled Marrow, then boil a quart of Cream with

ſome

ſome Roſewater and Sugar to ſome thickneſs, then take it off, and lay your Artichokes into a Diſh, and lay the Marrow on them, then mix your Almond Cream, and the other together, and pour it over them, and ſet it on Coals till you ſerve it in.

77. *To make a Cake with Almonds.*

Take one pound and half of fine Flower, of Sugar twelve Ounces beaten very fine, mingle them well together, then take half a pound of Almonds blanched, and beaten with Roſewater, mingle all theſe with as much Sack as will work it into a Paſte, put in ſome Spice, ſome Yeſt, and ſome plumped Currans with ſome Butter, and a little ſalt, ſo make it into a Cake and bake it.

78. *To make a Sillibub.*

Take a Limon pared and ſliced very thin, then cover the bottom of your Sillibub Pot with it, then ſtrew it thick with fine Sugar, then take Sack or white Wine, and make a Curd with ſome Milk or Cream, and lay it on the Limon with a Spoon, then whip ſome Cream and Whites of Eggs together, ſweetned a little, and caſt the Froth thereof upon your Sillibub, when you lay in your Curd,

Curd, you must lay Sugar between every Lay.

79. *To make fine Water-Gruel.*

Take the best Oatmeal beaten, and steep it in water all night, the next day strain it, and boil it with a Blade of Mace, and when it is enough, put in some Raisins and Currans which have been infused in a Pot (in a Pot of seething Water) and a little Wine, a little Salt, a little Sugar, and so eat it.

80. *To make Limon Cream.*

Take a quart of Cream, keep it stirring on the fire until it be blood warm, then take the Meat of three Limons Sweetened well with Sugar, and a little Orange Flower water, sweeten them so well that they may not turn the Cream, then stir them into the Cream, on the fire with some yolks of Eggs, and serve it in cold: Limon Posset thickned with yolks of Eggs, makes a fine Cawdle for a sick body.

81. *To make rare Cakes with Almonds.*

Take two Pounds and an half of blanched Almonds beaten fine with Rose-water, mix them with a Pound and three quarters of fine Sugar and some Musk, and Amber-

greece,

greece, six Whites of Eggs beaten to a Froth, let them stand a little, then set them on a Chafing-dish of Coals, and dry them a little, stirring them all the while, then take half a Peck of Flower; put into it a little salt, three Pints of Ale-Yest, have in readiness your Cream lukewarm, strain your Yest, and put into it six spoonfuls of Sack, put in Spice into your Flower, and make all these into a stiff Paste with the Cream, work it well and lay it by the fire to rise one hour, then work into your Paste two pounds and a quarter of fresh Butter, pull your Paste in pieces three times, then strew in a pound of Caraway Comfits, and make this Paste into five Cakes, lay them upon buttered Plates or double Papers, then strew Caraway Comfits on the top and double refined Sugar; one hour will bake them sufficiently.

82. *To make* Shrewsbury *Cakes.*

Take four pounds of Flower, two pounds of Butter, one pound and an half of fine Sugar, four Eggs, a little beaten Cinamon, a little Rose-water, make a hole in the Flower, and put the Eggs into it when they are beaten, then mix the Butter, Sugar, Cinamon, and Rose-water together, and then mix them

with the Eggs and Flower, then make them into thin round Cakes, and put them into an Oven after the Houſhold Bread is drawn, this quantity will make three dozen of Cakes.

83. *To make Goosberry Wine.*

Bruiſe ripe Goosberries with an Apple-Bearer, but do not beat them too ſmall, then ſtrain them through a hair ſtrainer, and put your Juice into an earthen Pot, keep it covered four or five days till it be clear, then draw it out into another Veſſel, letting it run into a hair ſieve, ſtop it cloſe, and let it ſtand one fortnight, then draw it out into quart Bottles, putting one Pound of Sugar into eight Bottles, ſtop them up cloſe, and in a week or fortnights time you may drink them.

84. *To make Damſon Wine.*

Take four Gallons of Water and put to every Gallon of Water four Pounds of Malaga Raiſins, and half a Peck of Damſons:

Put the Raiſins and Damſons into a Veſſel without a head, cover the Veſſel and let them ſteep ſix days, ſtirring them twice every day, then let them ſtand as long with-

ſtir-

ſtirring, then draw the Wine out of the Veſſel, and colour it with the infuſed juice of Damſons ſweetned with Sugar, till it be like Clarret Wine, then put it into a Wine-veſſel for a fortnight, and then bottle it up.

85. *To pickle Cucumbers the very beſt way.*

Take thoſe you mean to pickle, and lay them in water and ſalt three or four days, then take a good many great Cucumbers, and cut the outſides of them into water, for the inſides will be too pappy, boil them in that Water, with Dill ſeeds and Fennel ſeeds, and when it is cold, put to it ſome ſalt, and as much of Vinegar as will make it a ſtrong Pickle, then take them out of the Water and Salt, and pour this Liquor over them, ſo let them ſtand cloſe covered for a fortnight or three weeks.

Then pour the Pickle from them and boil it, and when it is cold add to it ſome more Vinegar, and put it to them again, ſo let them ſtand one Month longer, and now and then when you ſee occaſion, boil it again, and when it is cold, put it to them, and every time you boil it, put ſome Vinegar thereto, and lay the ſeeds and pieces of Cucumbers on the top, and after the firſt

fortnight when you boil it, put in some whole Pepper and some whole Cloves and Mace, and always put the Liquor cold over them.

86. *To make the best Orange Marmalade.*

Take the Rinds of the deepest coloured Oranges, boil them in several Waters till they are very tender, then mince them small, and to one pound of Oranges, take a Pound of Pippins cut small, one Pound of the finest Sugar, and one Pint of Spring-water, melt your Sugar in the Water over the fire, and scum it, then put in your Pippins, and boil them till they are very clear, then put in the Orange Rind, and boil them together, till you find by cooling a little of it, that it will jelly very well, then put in the Juice of two Oranges, and one Limon, and boil it a little longer; and then put it up in Gally-pots.

87. *To preserve white Quinces.*

Take the fairest you can get, and coddle them very tender, so that a straw may go through to the Core, then Core them with a scoop or small knife, then pare them neatly, and weigh them, to every pound of Quinces,

Quinces, take one pound of double refined Sugar, and a Pint of the Water wherein thin slices of Pippins have been boiled; for that is of a jellying quality, put your Sugar to the Pippin water, and make a Syrup, and scum it, then put in your Quinces, and boil them very quick, and that will keep them whole and white, take them from the fire sometimes and shake them gently, keep them clean scummed, when you perceive them to be very clear, put them into Gally-pots or Glasses, then warm the Jelly and put it to them.

88. *To make Conserve of Red Roses.*

Take their Buds and clip off the Whites, then take three times their weight in Sugar double refin'd; beat the Roses well in a Mortar, then put in the Sugar by little and little, and when you find it well incorporated, put it into Gally-pots, and cover it with Sugar, and so it will keep seven years.

89. *To make plain Bisket-Cakes.*

Take a Pottle of Flower, and put to it half a pound of fine Sugar, half an Ounce of Caraway seeds, half an Ounce of Anniseeds, six spoonfuls of Yest, then boil a Pint of Water or little more, put in-

to it a quarter of a Pound of Butter or little more, let it ſtand till it be cold, then temper them together till it be as thick as Manchet, then let it lie a while to riſe, ſo roul them out very thin, and prick them, and bake them in an Oven not too hot.

90. *To make Green Paſte of Pippins.*

Take your Pippins while they be green, and coddle them tender, then peel them, and put them into a freſh warm Water, and cover them cloſe, till they are as green as you deſire. Then take the Pulp from the Core, and beat it very fine in a Mortar, then take the weight in Sugar, and wet it with Water, and boil it to a Candy height, then put in your Pulp, and boil them together till it will come from the bottom of the Skillet, then make it into what form you pleaſe, and keep them in a ſtove.

91. *To make Paſte of any Plumbs.*

Take your Plumbs, and put them into a Pot, cover them cloſe, and ſet them into a Pot of ſeething Water, and ſo let them be till they be tender, then pour forth their Liquor, and ſtrain the Pulp through a Canvas ſtrainer, then take to half a Pound of the

the Pulp of Plumbs half a Pound of the Pulp of Pippins, beat them together, and take their weight in fine Sugar, with as much Water as will wet it, and boil it to a Candy height; then put it in your Pulp, and boil them together till it will come from the bottom of the Posnet, then dust your Plates with searced Sugar, and so keep them in a Stove to dry.

92. *To make Almond Ginger-Bread.*

Take a little Gum-Dragon and lay it in steep in Rose-water all night, then take half a Pound of Jordan Almonds blanched and beaten with some of that Rose-water, then take half a pound of fine Sugar beaten and searced, of Ginger and Cinamon finely searced, so much as by your taste you may judg to be fit; beat all these together into a Paste, and dry it in a warm Oven or Stove.

93. *To make Snow Cream.*

Take a Pint of Cream, and the Whites of three Eggs, one spoonful or two of Rose-water, whip it to a Froth with a Birchen Rod, then cast it off the Rod into a Dish, in the which you have first fastened half a Manchet with some Butter on the bottom,

and a long Rosemary sprig in the middle; when you have all cast the Snow on the dish, then garnish it with several sorts of sweet-meats.

94. *To preserve Oranges and Limons that they shall have a Rock Candy on them in the Syrup.*

Take the fairest and cut them in halves, or if you will do them whole, then cut a little hole in the bottom, so that you may take out all the meat, lay them in water nine days, shifting them twice every day, then boil them in several Waters, till a straw will run through them, then take to every Pound of Orange or Limon one Pound of fine Sugar, and one qnart of Water, make your Syrup, and let your Oranges or Limons boil a while in it, then let them stand five or six days in that Syrup, then to every Pound, put one Pound more of Sugar into your Syrup, and boil your Oranges till they be very clear, then take your Oranges out, and boil your Syrup almost to Candy, and put to them.

95. *To make Sugar Plate.*

Take a little Gum-Dragon laid in steep in Rose-water till it be like Starch, then beat

beat it in a Mortar with some searced Sugar till it come to a perfect Paste, then mould it with Sugar, and make it into what form you please, and colour some of them, lay them in a warm place, and they will dry of themselves.

96. *To make Artificial Walnuts.*

Take some of your Sugar Plate, print it in a Mould fit for a Walnut Kernel, yellow it over with a little Saffron, then take Searced Cinamon and Sugar, as much of the one as the other, work it in Paste with some Rose-water, wherein Gum-Dragon hath been steeped, and print it in a Mould for a Walnut shell, and when they are dry, close them together over the shell with a little of the Gum water.

97. *To make short Cakes.*

Take a Pint of Ale Yest, and a Pound and half of fresh Butter, melt your Butter, and let it cool a little, then take as much fine Flower as you think will serve, mingle it with the Butter and Yest, and as much Rose-water and Sugar as you think fit, and if you please, some Caraway Comfits, so bake it in little Cakes; they will last good half a year.

98. *To preserve Red Roses which is as good and effectual as any Conserve, and made with less trouble.*

Take Red Rose Buds clipped clean from their Whites one pound, put them into a Skillet with four Quarts of Water, Wine measure, then let them boil very fast till three Quarts be boiled away, then put in three pounds of fine Sugar, and let it boil till it begins to be thick, then put in the Juice of a Limon, and boil it a little longer, and when it is almost cold, put it into Gallipots, and strew them over with searced Sugar, and so keep them so long as you please, the longer the better.

99. *A fine Cordial Infusion.*

Take the Flesh of a Cock Chick cut in small pieces, and cut into a Glass with a wide Mouth, put to it one Ounce of Harts horn, half an Ounce of Red Coral prepared, with a little large Mace, and a slice or two of Limon, and two Ounces of White Sugar-Candy, stop the Glass close with a Cork, and set it into a Vessel of Seething Water, and stuff it round with Hay that it jog not; when you find it to be enough, give the sick Party two spoonfuls at a time.

100. *For*

100. *For a Cough of the Lungs.*

Take two Ounces of Oil of ſweet Almonds newly drawn, three ſpoonfuls of Colts-foot Water, two ſpoonfuls of Red-Roſe-Water, two Ounces of white Sugar-Candy finely beaten; mingle all theſe together, and beat it one hour with a ſpoon, till it be very white; then take it often upon a Licoras ſtick. This is very good.

101. *To preſerve Grapes.*

Take your faireſt white Grapes and pick them from the ſtalks, then ſtone them carefully, and ſave the Juice, then take a pound of Grapes, a pound of fine Sugar, and a pint of water wherein ſliced Pippins have been boiled, ſtrain that water, and with your Sugar and that make a Syrup, when it is well ſcummed put in your Grapes, and boil them very faſt, and when you ſee they are as clear as glaſs, and that the Syrup will jelly, put them into Glaſſes.

102. *To make Collops of Bacon in Sweet-meats.*

Take ſome Marchpane Paſte, and the weight thereof in fine Sugar beaten and ſearced, boil them on the fire, and keep them ſtirring

ſtirring for fear they burn, ſo do till you find it will come from the bottom of the Poſnet, then mould it with fine Sugar like a Paſte, and colour ſome of it with beaten Cinamon, and put in a little Ginger, then roll it broad and thin, and lay one upon another till you think it be of a fit thickneſs and cut it in Collops and dry it in an Oven.

103. *To make Violet Cakes.*

Take them clipped clean from the whites and their weight in fine Sugar, wet your Sugar in fair water, and boil it to a Candy height, then put in your Violets, and ſtir them well together, with a few drops of a Limon, then pour them upon a wet Pye-Plate, or on a ſlicked paper, and cut them in what form you pleaſe; do not let them boil, for that will ſpoil the colour: Thus you may do with any Herb or Flower, or with any Orange or Limon Pill, and, if you like it, put in a little Musk or Ambergreece.

104. *To preſerve white Damſons.*

Take to every pound one pound of fine Sugar and a quarter of a pint of fair water, make your Syrup and ſcum it well, then take it from the fire, and when it is almoſt cold put in your Damſons, and let them

ſcald

scald a little, then take them off a while, and then set them on again; when you perceive them to be very clear, put them into Pots or Glasses.

105. *To make very good Cake.*

Take a peck of Flower, four pound of Currans well washed, dryed and picked, four pounds of Butter, one pound of Sugar, one Ounce of Cinamon, one Ounce of Nutmegs, beat the Spices and lay it all night in Rose-water, the next day strain it out, then take one pint and an half of good Ale-Yest the Yolks of 4 Eggs, a pint of Cream, put a pound of the butter into the warmed Cream, put the rest into the Flower in pieces, then wet your Flower with your Cream, and put in your Currans, and a little Salt, and four or five spoonfuls of Caraway-Comfits and your Spice, mix them all and the Yest well together, and let it lie one hour to rise, then make it up and Bake it in a Pan buttered: It may stand two hours.

106. *To make Paste Royal.*

Take Quince Marmalade almost cold, and mould it up with searced Sugar to a Paste, then make it into what form you please and dry them in a Stove.

107. *To*

107. *To make Paste of Pippins coloured with Barberries.*

Take the Pulp of Codled Pippins, and as much of the Juice of Barberries as will colour it, then take the weight of it in fine Sugar, boil it to a Candy height, with a little water, then put in your Pulp beaten very well in a Mortar, boil it till it come from the bottom of the Posnet, then dust your Plate with Sugar, and drop them thereon, and dry them in a Stove or warm Oven.

108. *To preserve Barberries.*

Take one Pound of stoned Barberries, and twice their weight in fine Sugar, then strip two or three handfuls of Barberries from their stalks, and put them into a Dish with as much Sugar as Barberries, over a Chafingdish of Coals, when you see they are well plumped, strain them, then wet your other Sugar with this, and no Water, boil it and scum it, and then put in your stoned Barberries, and boil them till they are very clear.

109. *To make Jelly of Currans or of any other Fruit.*

Take your Fruit clean picked from the ſtalks, and put them into a long Gally-pot, and ſet it into a Kettle of Water cloſe covered; keep the Water boiling till you find the Fruit be well infuſed, then pour out the cleareſt, and take the weight of it in fine Sugar, wet your Sugar with Water, and boil it to a Candy height, then put in your clear Liquor, and keep it ſtirring over a ſlow fire till you ſee it will jelly, but do not let it boil; the Pulp which is left of the Liquor, you may make Paſte of if you pleaſe, as you do the Pippin Paſte before named.

110. *To make a Goosberry Fool.*

Take a Pint and an half of Goosberries clean picked from the ſtalks, put them into a Skillet with a Pint and half of fair Water, ſcald them till they be very tender, then bruiſe them well in the Water, and boil them with a Pound and half of fine Sugar till it be of a good thickneſs, then put to it the Yolks of ſix Eggs and a Pint of Cream, with a Nutmeg quartered, ſtir theſe well together till you think they be enough, over a ſlow fire, and put it into a Diſh, and when it is cold, eat it.

111. *To*

111. *To make perfumed Lozenges.*

Take twelve Grains of Ambergreece, and six Grains of Musk, and beat it with some Sugar Plate spoken of before, then roule it out in thin Cakes, and make them into what form you please, you may make them round like a Sugar Plumb, and put a Coriander seed in each of them, and so they will be fine Comfits, and you may make them into Lozenges to perfume Wine with.

112. *To Candy Eryngo Roots.*

Take the Roots new gathered, without Knots or Joints, wash them clean, and boil them in several Waters till they are very tender, then wash them well, and dry them in a Cloth, slit them, and take out the Pith, and braid them in Braids as you would a Womans Hair, or else twist them, then take twice their weight in fine Sugar, take half that Sugar, and to every Pound of Sugar, one quarter of a pint of Rose-water and as much fair water, make a Syrup of it, and put in your roots and boil them, and when they are very clear, wet the rest of the Sugar with Rose-water, and boil it to a Candy height, then put in the Roots and boil them, and shake them, and when they be enough,

take

take them off, and shake them till they are cold and dry, then lay them upon Dishes or Plates till they are throughly dry, and then put them up; thus you may do Orange or Limon, or Citron Pill, or Potato Roots.

113. *To preserve Goosberries.*

Take your Goosberries, and stone them, then take a little more than their weight in fine Sugar, then with as much Water as will melt the Sugar, boil it and Scum it, then put in your Goosberries, and boil them apace till they be clear, then take up your Goosberries, and put them into Glasses, and boil the Syrup a little more, and put over them.

114. *To make Leach and to colour it.*

Take one Ounce of Isinglass and lay it in Water four and twenty hours, changing the Water three or four times, then take a quart of new Milk, boiled with a little sliced Ginger and a stick of Cinamon, one spoonful of Rose-water, and a quarter of a Pound of Sugar, when it hath boiled a while, put in the Isinglass, and boil it till it be thick, keeping it always stirring, then strain it, and keep it stirring, and when it is cold, you may slice it out, and serve it upon Plates;

you

you may colour it with Saffron, and ſome with Turnſole, and lay the White and that one upon another, and cut it, and it will look like Bacon; it is good for weak people, and Children that have the Rickets.

115. *To take away the Signs of the Small Pox.*

Take ſome Sperma-ceti, and twice ſo much Virgins Wax, melt them together and ſpread it upon Kids Leather, in the ſhape of a Mask then lay it upon the Face, and keep it on night and day, it is a very fine Remedy.

116. *For Morphew, or Freckles, and to clear the Skin.*

Take the Blood of any Fowl or Beaſt, and wipe your Face all over with it every night when you go to bed for a fortnight together, and the next day waſh it all off with White Wine, and white Sugar Candy, and ſometimes hold your face over the ſmoke of Brimſtone for a while, and ſhut your eyes, if you add the juice of a Limon to the white Wine, it will be the better.

117. *To make Almond Butter to look white*

Take about two Quarts of Water, the bottom of a Manchet, and a Blade of large Mace, boil it half an hour, and let it ſtand till it be cold, then take a Pound of ſweet Almonds blanched, and beaten with Roſe-water very fine, ſo ſtrain them with this Water many times, till you think the virtue is out of them, and that it be a thick Almond Milk, then put it into a Skillet, and make it boiling hot, that it ſimper, then take a ſpoonful of the Juice of a Limon, and put into it, ſtirring of it in, and when you perceive it ready to turn, then take it from the fire, and take a large fine Cloth, and caſt your Liquor all over the Cloth with a Ladle, then ſcrape it altogether into the middle with a Spoon, then tie it hard with a Packthred, ſo let it hang till the next morning, then put it in a Diſh, aud ſweeten it with Roſe-water and Sugar, put a little Ambergreece if you pleaſe.

118. *For the Ptiſick.*

Take a Pottle of ſmall Ale, one Pound of Raiſins of the Sun ſtoned, with a little hand-

handful of Penniroyal, boil these together, and add a little Sugar-candy to it, and take five or six spoonfuls at a time four or five times in a day for a good while.

119. *Marmalade of Apricocks.*

Take the ripest and stone them and pare them, and beat them in a Mortar, then boil the Pulp in a Dish over a Chafing-dish of Coals, till it be somewhat dry, then take the weight in fine Sugar, and boil it to a Candy height, with some Rose-water, then put in your Pulp, and boil them together till it will come from the bottom of the Skillet, and always keep it stirring, for fear it burn, then put it into Glasses.

120. *Syrup of Turneps.*

Take of the best and pare them, and bake them in a Pot, then take the clear Juice from them, and with the like weight in fine Sugar make it into a Syrup, and add a little Liquorice to it, and take it often.

121. *To make good Jelly.*

Take a lean Pig, dress it clean, and boil it in a sufficient quantity of Fair Water, with four

four Ounces of green Liquorice scraped and bruised, Maidenhair two handfuls, Colts-foot one handful, Currans half a Pound, Dates two Ounces stoned and sliced, Ivory one Ounce, Hartshorn one Ounce, boil these to a strong Jelly, and strain it, and take off the Fat, then put to it half a Pound of Sugar, and half a Pint of white Wine, and so eat it at your pleasure.

122. *A most excellent Cordial proved by very many.*

Take three Grains of East Indian Bezoar, as much of Ambergreece, powder them very fine with a little Sugar, and mingle it with a spoonful and half of the Syrup of the Juice of Citrons, one Spoonful of Syrup of Clovegilliflowers, and one spoonful of Cinamon Water, so take it warmed.

123. *To make the Black Juice of Liquorice.*

Take Two Gallons of running Water, three handfuls of unset Hyssop, three pounds and half of Liquorice scraped, and dried in the Sun and beaten, then cover it close, and boil it almost a whole day in the Water; when it is enough, it will be as thick as Cream, then let it stand all night, the next morning strain it, and put it in several Pans

in

in the Sun to dry, till it work like wax, then mould it with White Sugar Candy beaten and ſearced, and print it in little Cakes, and print them with Seals, and dry them.

124. *To make Marchpane.*

Take two Pounds of Jordan Almonds, blanch and beat them in a Mortar with Roſe-water, then take one Pound and half of Sugar finely ſearced, when the Almonds are beaten to a fine Paſte with the Sugar, then, take it out of the Mortar, and mould it with ſearced Sugar, and let it ſtand one hour to cool, then Roll it as thin as you would do for a Tart, and cut it round by the Plate, then ſet an edge about it, and pinch it, then ſet it on a bottom of Wafers, and bake it a little, then Ice it with Roſe-water and Sugar, and the White of an Egg beaten together, and put it into the Oven again, and when you ſee the Ice riſe white and high, take it out, and ſet up a long piece of Marchpane firſt baked in the middle of the Marchpane, ſtick it with ſeveral ſorts of Comfits, then lay on Leaf-gold with a Feather and the White of an Egg beaten.

125. *To preserve Green Pippins.*

Scald some green Pippins carefully, then peel them, and put them into warm water, and cover them, and let them stand over a slow fire till they are as green as you would have them, and so tender as that a straw may run through them, then to every pound of Apples, take one pound of fine Sugar, and half a pint of water, of which make a Syrup, and when you have scumm'd it clean, put in your Apples, and let them boil a while, then set them by till the next day, then boil them throughly, and put them up.

126. *To preserve Peaches.*

Take your Peaches when you may prick a hole through them, scald them in fair water, and rub the Fur off from them with your Thumb, then put them in another warm water over a slow fire, and cover them till they be green, then take their weight in fine Sugar and a little water, boil it and scum it, then put in your Peaches, and boil them till they are clear, so you may do green Plumbs or green Apricocks.

127. *Mar-*

127. *Marmalade of Damsons.*

Take two pounds of Damsons, and one pound of Pippins pared and cut in pieces, bake them in an Oven with a little sliced Ginger, when they are tender, poure them into a Cullender, and let the Syrup drop from them, then strain them, and take as much Sugar as the Pulp doth weigh, boil it to a Candy height with a little water, then put in your Pulp, and boil it till it will come from the bottom of the Skillet, and so put it up.

128. *Marmalade of Wardens.*

Bake them in an earthen pot, then cut them from the Core and beat them in a Mortar, then take their weight in fine Sugar, and boil it to a Candy height with a little water, then put in your Pulp with a little beaten Ginger, and boil it till it comes from the bottom of the Posnet; and so do with Quinces if you please.

129. *Marmalade of green Pippins to look green.*

Scald them as you do to preserve, then stamp them in a Mortar, and take their weight

weight in fine Sugar, boil it to a Candy height with a little water, then boil it and the Pulp together, till it will come from the bottom of the Posnet.

130. *To preserve green Walnuts.*

Take them and steep them all night in water, in the morning pare them and boil them in fair water till they be tender, and then stick a Clove into the head of each of them, then take one Pound and half of Sugar to every pound of Walnuts, and to every pound of Sugar one Pint of Rosewater, make a Syrup of it, and scum it, then put in your Walnuts, and boil them very leasurely till they are enough, then put in a little Musk or Ambergreece with a little Rose-water, and boil them a little more, and put them up; it is a very good Cordial, and will keep seven years or more.

131. *To dry old Pippins.*

Pare them, and bore a hole through them with a little Knife or Piercer, and cut some of them in halves, take out the Cores of them as you cut them, then put them into a Syrup of Sugar and water, as much as will cover them in a broad preserving Pan, let them boil so fast as may be; taking them some-

times from the fire, scumming them clean, when you perceive your Apples clear, and Syrup thick, then take them up, and set them into a warm Oven from the Syrup, all night, the next morning turn them, and put them in again, so do till they are dry; if you please to glister some of them, put them into your Candy-pot but one night, and lay them to dry the next day, and they will look like Crystal.

132. *To preserve Bullace as green as grass.*

Take them fresh gathered, and prick them in several places, scald them as you do your green Peaches, then take their weight in fine Sugar, and make a Syrup with a little water, then put in your Bullace, and boil them till they be very clear, and the Syrup very thick.

133. *To preserve Medlars.*

Take them at their full growth, pare them as thin as you can, prick them with your Knife, and parboil them reasonable tender, then dry them with a Cloth, and put to them as much clarified Sugar as will cover them; let them boil leisurely, turning them often, till they have well taken the Sugar,

gar, then put them into an earthen Pot, and let them ſtand till they next day, then warm them again half an hour; then take them up and lay them to drain, then put into that Syrup half a pint of water wherein Pippins have been boiled in ſlices, and a quarter of a Pound of freſh Sugar, boil it, and when it will jelly, put to it the Medlars in Gallipots or Glaſſes.

134. *To make Conſerve of Violets.*

Take a pound clean cut from the whites, ſtamp them well in a Mortar, and put to them two or three Ounces of white Sugar-Candy, then take it out and lay it upon a ſleeked Paper, then take their weight in fine Sugar, and boil it to a Candy height with a little water, then put in your Violets, and a little juice of Limon, and then let them have but one walm or two over the fire, ſtirring it well; then take it off, and when it is between hot and cold, pat it up, and keep it.

135. *To caſt all kinds of ſhapes, what you pleaſe, and to colour them.*

Take half a pound of refined Sugar, boil it to a Candy height with as much Roſe-water as will melt it, then take moulds

made of Alabaſter, and lay them in water one hour before you put in the hot Sugar, then when you have put in your Sugar turn the mould about in your hand till it be cool, then take it out of the mould, and colour it according to the nature of the Fruit you would have it reſemble.

136. *To dry Pears without Sugar.*

Pare them, and leave the ſtalks and pipps on them, then bake them in an earthen pot with a little Clarret Wine, covered, then drain them from the Syrup, and dry them upon Sieves in a warm Oven, turning them morning and evening, every time you turn them hold them by the ſtalk and dip them in the Liquor wherein they were baked and flat them every time a little.

If you do them carefully they will look very red and clear and eat moiſt, when they are dry put them up.

137. *To make Rasberry Wine.*

Take Rasberries and bruiſe them with the back of a ſpoon, and ſtrain them, and fill a bottle with the juice, ſtop it, but not very cloſe, let it ſtand four or five days, then pour it from the Grounds into a Baſon, and put as much white-wine or Rheniſh as your

your juice will well colour, then ſweeten it with Loaf Sugar, then bottle it and keep it, and when you drink it you may perfume ſome of it with one of the Lozenges ſpoken of before.

138. *To preſerve Oranges in jelly.*

Take the thickeſt rind Oranges, chipped very thin, lay them in water three or four days, ſhifting them twice every day, then boil them in ſeveral waters, till you may run a ſtraw through them, then let them lye in a Pan of water all night, then dry them gently in a Cloth, then take to every Pound or Oranges one Pound and an half of Sugar, and a Pint of water, make thereof a Syrup; then put in your Oranges, and boil them a little, then ſet them by till the next day, and boil them again a little, and ſo do for four or five day together, then boil them till they are very clear, then drain them in a ſieve, then take to every Pound of Oranges one quarter of a Pint of water wherein ſliced Pippins have been boiled into your Syrup, and to every quarter of a Pint of that water, add a quarter of a Pound of freſh Sugar, boil it till it will jelly, then put your Oranges into a Pot or a Glaſs, and put the jelly over them; you may if you

pleaſe, take all the Meat out of ſome of your Oranges at one end, and fill it with preſerved Pippin; and if you put in a little Juice of Orange and Limon into your Syrup when it is almoſt boiled, it will be very fine taſted.

138. *To make Criſtal Jelly.*

Take a Knuckle of Veal and two Calves Feet, lay them in water all night, then boil them in Spring water, till you perceive it to be a thick Jelly, then take them out, and let your jelly ſtand till it be cold, then take the cleareſt, and put it into a Skillet, and ſweeten it with Roſe-water and fine Sugar, and a little whole Spice, and boil them together a little, and ſo eat it when it is cold.

139. *To make* China-*Broth.*

Take three Ounces of *China* ſliced thin, and three Pints of fair water, half an Ounce of Harts-horn, let it ſteep together twelve hours, then put in a Red Cock cut in pieces and bruiſed, one Ounce of Raiſins of the Sun ſtoned, one Ounce of Currans, one Ounce of Dates ſtoned, one Parſly root, one Fennel-root, the Pith being taken out, a little Burrage and Bugloſs, and a little Pimpernel, two Ounces of Pearl Barley; boil all theſe toge-

together till you think they be well boiled, then ſtrain it out.

140. *To make Court Perfumes.*

Take three Ounces of Benjamin, lay it all night in Damask Roſe Buds clean cut from the white, beat them very fine in a ſtone Mortar till it come to a Paſte, then take it out and mix it with a dram of Muſk finely beaten, as much Civet, mould them up with a little ſearced Sugar, and dry them between Roſe Leaves each of them, then dry them very well and keep them to burn, one at a time is ſufficient.

141. *A Syrup for a Cold.*

Take Loug-wort of the Oak, Sage of *Jeruſalem*, Hyſop, Colts-foot, Maiden-hair, Scabious, Horehound, one handful of each, four ounces of Liquorice ſcraped, two Ounces of Anniſeeds bruiſed, half a pound of Raiſins of the Sun ſtoned, put theſe together into a Pipkin with two quarts of Spring water, let them ſtand all night to infuſe cloſe ſtopped, when it is half boiled away, ſtrain it out, and put to it to every pint of liquor a pound of Sugar and boil it to a Syrup.

142. *To make white Marmalade of Quinces.*

Coddle them so tender that a straw may run thorow them, then take grated Quinces and strain the Juice from them, then slice your scalded Quinces thin and weigh them, and take a little above their weight in fine Sugar, wet your Sugar with the raw juice, boil it and scum it, then put in your sliced Quinces and boil them up quick till they jelly, then put them into Glasses.

143. *The white juice of Liquorice.*

Take one pound of Liquorice clean scraped, cut it thin and short, and dry it in an Oven, then beat it fine in a Mortar, then put it into a stone Jugg, and put thereto of the water of Colts-foot, Scabius, Hyssop and Horehound, as much as will stand four fingers deep above the Liquorice, then set this Jugg, close stopped, into a Kettle of water, and keep the water boiling, let it be stuffed round with hay that it jog not, let it stand so four hours, and so do every other day for the space of ten days; then strain it into a dish, set the dish over boiling water, and let it vapour away till it be thick, then add to it one pound of fine Sugar-

Sugar-Candy, the best and whitest you can get, beaten very well, then put it into several dishes and dry it in the Sun, or in a warm Oven, beating it often with bone knives till it be stiff, then take as much Gum Dragon steeped in Rose-water as will make it pliable to your hand, then make it into little Rolls, and add two grains of Musk or Ambergreece and a few drops of Oil of Annis-seed, and so make them into little Cakes, and print them with a seal and then dry them.

144. *To dry Plumbs naturally.*

Take of any sort and prick them and put them into the bottom of a Sieve dusted with Flower to keep them from sticking, let them stand in a warm Oven all night, the next morning turn them upon a clean Sieve, and so do every day till you see that they are very dry.

145. *To dry preserved Pears.*

Wash them from their Syrup, then take some fine Sugar and boil it to a Candy height with a little water, then put in your Pears, and shake them very well up and down, then lay them upon the bottom of a Sieve, and dry them in a warm Oven and so keep them.

146. *To make little Cakes with Almonds.*

Put into a little Rose-water two grains of Ambergreece, then take a pound of blanched Almonds and beat them with this Rose-water, then take a Pound of your finest Sugar, beaten and searced, and when your Almonds are well beaten, mix some of the Sugar with them, then make your Cakes, and lay them on Wafer sheets; and when they are half baked, take the rest of the Sugar, being boiled to a Candy-height with a little Rose-water, and so with a Feather wash them over with this, and let them stand a while longer.

147. *To make very pretty Cakes that will keep a good while.*

Take a Quart of fine Flower and the yolks of 4 Eggs, a quarter of a pound of Sugar, and a little Rosewater, with some beaten Spice, and as much Cream as will work it into a Paste, work it very well and beat it, then rowl it as thin as possible, and cut them round with a Spur, such as the Pastry Cooks do use; then fill them with Currans first plumped a little in Rose-water and Sugar, so put another sheet of Paste over them

and

and close them, prick them, and bake them but let not your Oven be too hot; you may colour some of them with Saffron if you please, and some of them you may ice over with Rose-water and Sugar, and the White of an Egg beaten together.

148. *To make a Paste to wash your hands withal.*

Take a pound of bitter Almonds, blanch them and beat them very fine in a Mortar with four Ounces of Figgs, when it is come to a Paste, put it into a Gallipot and keep it for your use; a little at a time will serve.

149. *To keep Flowers all the Year.*

Take any sort of pretty Flowers you can get, and have in readiness some Rosewater made very slippery by laying Gum Arabick therein.

Dip your Flowers very well, and swing it out again, and stick them in a sieve to dry in the Sun, some other of them you may dust over with fine Flower, and some with searced Sugar, after you have wetted them, and so dry them.

Either of them will be very fine, but those with Sugar will not keep so well as the o-

ther

ther; they are good to set forth Banquets, and to garnish dishes, and will look very fresh, and have their right smell

150. *Conserve of Barberries.*

Take Barberries, infuse them in a pot as other Fruits spoken of before, then strain them, and to every pound of liquor take two pounds of Sugar, boil them together over the fire till it will come from the bottom of the Posnet, and then put it into Gally-pots and keep it with fine Sugar strewed over it.

151. *To preserve Barberries without Fire.*

Take your fairest bunches and lay a Lay of fine Sugar into the bottom of the pot, and then a Lay of Barberries, and then Sugar again, till all be in, and be sure to cover them deep with Sugar last of all, and cover your pot with a bladder wet and tyed on, that no Air get in, and they will keep and be good, and much better to garnish dishes with than pickled Barberries, and are very pleasant to eat.

152. *To Candy Almonds to look as though they had their Shells on.*

Take Jordan Almonds and blanch them, then take fine Sugar, wet it with water, and boil it to a Candy height, colour it with Cochineal, and put in a grain of Ambergreece, when you see it at a Candy height, put in your Almonds well dried from the Water, and shake them over the fire till you see they are enough, then lay them in a Stove or some other warm place.

153. *To Candy Carrot Roots.*

Take of the best and Boil them tender, then pare them, and cut them in such pieces as you like; then take fine Sugar boiled to a Candy height with a little Water, then put in your Roots, and boil them till you see they will Candy; but you must first boil them with their weight in Sugar and some Water, or else they will not be sweet enough; when they are enough, lay them into a Box, and keep them dry: thus you may do green Peascods when they are very young, if you put them into boiling water, and let them boil close covered till they are green, and then boiled in a Syrup, and

then

then the Candy, they will look very finely, and are good to set forth Banquets, but have no pleasant taste.

154. *To make Syrup of Violets.*

Take Violets clipped clean from the Whites, to every Ounce of Violets take two Ounces of Water, so steep them upon Embers till the Water be as blew as a Violet, and the Violets turned white, then put in more Violets into the same Water, and again the third time, then take to every Quart of Water four Pounds of fine Sugar, and boil it to a Syrup, and keep it for your use; thus you may also make Syrup of Roses.

155. *To make a Syrup for any Cough.*

Take four Ounces of Liquorice scraped and bruised, Maidenhair one Ounce, Annifeeds half an Ounce, steep them in Spring water half a day, then boil it half away, the first quantity of water which you steep them in must be four Pints, and when it is half boiled away, then add to it one Pound of fine Sugar, and boil it to a Syrup, and take two spoonfuls at a time every night when you go to rest.

156. *A pretty Sweet-meat with Roses and Almonds.*

Take half a Pound of Blanched Almonds beaten very fine with a little Rosewater, two Ounces of the Leaves of Damask Roses beaten fine, then take half a pound of Sugar, and a little more, wet it with water, and boil it to a Candy height, then put in your Almonds and Roses, and a grain of Musk or Ambergreece, and let them boil a little while together, and then put it into Glasses, and it will be a fine sort of Marmalade.

157. *The best sort of Hartshorn Jelly to serve in a Banquet.*

Take six Ounces of Hartshorn, put it into two Quarts of Water and let it infuse upon Embers all night, then boil it up quick, and when you find by the Spoon you stir it with, that it will stick to your mouth, if you do touch it, and that you find the Water to be much wasted, strain it out, and put in a little more than half a Pound of fine Sugar, a little Rosewater, a Blade of Mace, and a Stick of Cinamon, the Juice of as many Limons will give it a good taste, with

two

two Grains of Ambergreece, ſet it over a ſlow fire, and do not let it boil, but when you find it to be very thick in your mouth, then put it ſoftly into Glaſſes; and ſet it into a Stove, and that will make it to jelly the better.

158. *To make Orange or Limon Chips.*

Take the parings of either of theſe cut thin, and boil them in ſeveral waters till they be tender, then let them lie in cold water a while, then take their weight in Sugar or more, and with as much water as will wet it, boil it and ſcum it, then drain your Chips from the cold water, and put them into a Gally-pot; and pour this Syrup boiling hot upon them, ſo let them ſtand till the next day, then heat the Syrup again and pour over them, ſo do till you ſee they are very clear, every day do ſo till the Syrup be very thick, and then lay them out in a Stove to dry.

159. *To make Cakes of Almonds in thin ſlices.*

Take four Ounces of Jordan Almonds, blanch them in cold water, and ſlice them thin the long way, then mix them with little thin pieces of Candied Orange and Citron

Citron Pill, then take some fine Sugar boiled to a Candy height with some water, put in your Almonds, and let them boil till you perceive they will Candy, then with a spoon take them out, and lay them in little Lumps upon a Pie-plate or sleeked Paper, and before they be quite cold strew Caraway Comfits on them, and so keep them very dry.

160. *To make Chips of any Fruit.*

Take any preserved Fruit, drain it from the Syrup, and cut it thin, then boil Sugar to a Candy height, and then put your Chips therein, and shake them up and down till you see they will Candy, and then lay them out; or take raw Chips of Fruit boiled first in Syrup, and then a Candy boiled, and put over them hot, and so every day, till they begin to sparkle as they lie, then take them out, and dry them.

161. *To preserve sweet Limons.*

Take the faireſt, and chip them thin, and put them into cold water as you chip them, then boil them in several waters till a straw may run through them, then to every pound of Limon, take a pound and half of fine Sugar, and a Pint of water, boil it together,

and

and scum it, then let your Limon scald in it a little, and set them by till the next day, and every other day heat the Syrup only and put to them; so do 9 times, and then at last boil them in the Syrup till they be clear, then take them out, and put them into Pots, and boil the Syrup a little more, and put to them; if you will have them in Jelly, make your Syrup with Pippin water.

162. *To make a Custard for a Consumption.*

Take four Quarts of Red Cows Milk, four Ounces of Conserve of Red Roses, prepared Pearl, prepared Coral, and white Amber, of each one dram, two Ounces of white Sugar Candy, one grain of Ambergreece, put these into an earthen pot with some Leaf gold, and the yolks and whites of twelve Eggs, a little Mace and Cinamon, and as much fine Sugar as will sweeten it well: Paste the Pot over and bake it with brown Bread, and eat of it every day so long as it will last.

163. *To make Chaculato.*

Take half a pint of Clarret Wine, boil it a little, then scrape some Chaculato very fine and put into it, and the Yolks of two Eggs

Eggs, ſtir them well together over a ſlow Fire till it be thick, and ſweeten it with Sugar according to your taſte.

164. *To dry any ſort of Plumbs.*

Take to every pound of Plumbs three quarters of a pound of Sugar; boil it to a Candy height with a little water, then put in your Plumbs ready ſtoned, and let them boil very gently over a ſlow fire, if they be white ones they may boil a little faſter, then ſet them by till the next day, then boil them well, and take them often from the fire for fear of breaking, let them lie in their Syrup for four or five days, then lay them out upon Sieves to dry, in a warm Oven or Stove, turning them upon clean Sieves twice every day, and fill up all the broken places, and put the skins over them, when they are dry, waſh off the clammineſs of them with warm water, and dry them in the Oven, and they will look as though the dew were upon them.

165. *To make Jelly of Quinces.*

Take your Quinces, pare them and core them, and cut them in quarters, then put them into a new earthen pot with a narrow mouth

mouth, put in some of the cores in the bottom, and then the Quinces, paste it up and bake it with brown Bread, then run it thorough a bagg of boulting stuff as fast as you can, and crush it pretty hard, so long as it will run clear, to every pound of it take a pound of fine Sugar, and put into it, and let it stand till it be dissolved, then set it over a slow fire, and scum it well, and keep it stirring till it jelly, then put it into Glasses and keep it in a stove.

166. *To make a Posset.*

Take a Quart of White-wine and a quart of Water, boil whole Spice in them, then take twelve Eggs and put away half the Whites, beat them very well, and take the Wine from the fire, then put in your Eggs and stir them very well, then set it on a slow fire, and stir it till it be thick, sweeten it with Sugar, and strew beaten spice thereon, then serve it in.

You may put in Ambergreece if you like it, or one perfumed Lozenge.

167. *To make a Sack Posset.*

Take two quarts of Cream and boil it with whole Spice, then take twelve Eggs well beaten and strained, take the Cream from

from the fire, and ſtir in the Eggs, and as much Sugar as will ſweeten it, then put in ſo much Sack as will make it taſte well, and ſet it on the fire again, and let it ſtand a while, then take a Ladle and raiſe it up gently from the bottom of the Skillet you make it in, and break it as little as you can, and ſo do till you ſee it be thick enough; then put it into a Baſon with the Ladle gently; if you do it too much it will whey, and that is not good.

168. *Another way for a Poſſet.*

Boil a Quart of Cream as for the other, then take the Yolks of fourteen Eggs and four Whites, beat them and ſtrain them, take the Cream from the Fire, and ſtir in your Eggs, then have your Sack warmed in a Baſon, and when the Cream and Eggs are well mixed, put it to the Sack, and ſweeten it to your taſte with fine Sugar, and let it ſtand over a Skillet of ſeething water for a while.

169. *To preſerve Pippins in thin ſlices in Jelly.*

Take of the faireſt Pippins, pare them, and ſlice them into cold water, to every pound of Pippins take a pound of Sugar,

and

and a Pint of water, boil it and scum it, then shake your Pippins clean from the water, and put them into the Syrup, boil them very clear and apace, then put in some thin Chips, or Orange or Citron preserved, and to one Pound of Pippins, put the Juice of two Oranges and one Limon, then boil them a little longer till you see they will jelly, and then put them into Glasses, but take heed you lay them in carefully, and lay the Chips here and there between, then warm the Jelly and put softly over them.

170. *To preserve Currans in Jelly.*

Take the faireſt and pick them from the Stalks, and stone them, then take their weight in Sugar, wet it with water, boil it and scum it, then put in your Currans, and boil them up quick, shake them often and scum them, and when they will jelly they are enough, then put them into Glasses; thus you may do white and red both, and they will be in a stiff Jelly, and cut very well, do not cover them before they be cold.

171. *To preserve ripe Apricocks.*

Take them and stone them, then weigh them, and to every Pound of Apricocks take

take a Pound of fine Sugar beaten ſmall, then pare your Fruit, and as you pare them, caſt ſome Sugar over them, and ſo do till all be done, then ſet them on the fire, and let the Sugar melt but gently, then boil them a little in the Syrup, and ſet them by till the next day, then boil them quick, and till they be very clear, then put them in Pots, and boil the Syrup a little more, and put it to them; if you would have them in Jelly, you muſt put ſome of the Infuſion of Goosberries, or of Pippins into your Syrup, and add more Sugar to it.

172. *To preſerve Cornelions.*

Take the faireſt and weigh them, then take their weight in Sugar, and lay a Lay of Sugar in the Pan, and then lay a Lay of Cornelions till all be in, and let your laſt Lay be Sugar, then put a little water into the midſt of the Pan, and ſet it on the fire, and when the Sugar is melted boil them up quick, and take them often and ſhake them, and ſcum them; when you do perceive them to be very clear, they are enough.

173. *To make Marmalade of Cornelions.*

Take them and ſtone them, and weigh them, and to every pound of Fruit take a pound of Sugar, wet it with water, and boil it to a Candy height, then put in your Fruit and boil it very clear and quick, and ſhake it often, and ſcum it clean; when you ſee it very clear and very thick, it is enough; you muſt keep it in a Stove or ſome warm place.

174. *To preſerve Damſons.*

Take the faireſt, not too ripe, and take their weight in Sugar, wet your Sugar with a little water, boil it and ſcum it, then put in your Damſons and boil them a little, then ſet them by till the next day, then boil them till they be very clear, and take them from the Fire ſometimes, and let them ſtand a while to keep them from breaking, when they are clear, take them out, and put them into Glaſſes, and boil the Syrup to a Jelly and pour on them; be very careful how you take them to put them into your Pots or Glaſſes for fear of breaking them.

175. *To*

175. *To make Orange Marmalade.*

Take half a Pound of Orange Chips tenderly boiled in several waters, and beaten fine in a Mortar, then take a Pound of fine Sugar, wet it with water, boil it and scum it, then put in your Orange, and half a Pound of Pippin also beaten fine, and let them boil together till they are very clear; then put in the Juice of one Orange and one Limon, and stir it well, and let it boil a while longer, and then take it off and put it into Glasses.

176. *To make Jelly of Pippins.*

Take Pippins, pare them thin into a long Gallipot, and set that into boiling water close covered, and so let it stand three or four hours, they must be sliced thin as well as pared; when you think they are infused enough, pour the Liquor from them, and to every Pint, take a pound of Sugar double refined, and put it into your Liquor, boil them together till you find it will Jelly, then put little small pieces of Orange Pill into it finely shred, the Juice of one Orange and one Limon, and let it boil a little longer, and so put it into Glasses, and

ſet them into a Stove, with the Pulp that is left you may make Paſte if you pleaſe.

177. *To Candy Angelica.*

Take the tender green ſtalks and boil them in water till they be tender, then peel them, and put them into another warm water, and cover them till they are very green over a ſlow Fire, then lay them on a clean Cloth to dry, then take their weight in fine Sugar, and boil it to a Candy height with ſome Roſewater, then put in your ſtalks, and boil them up quick, and ſhake them often, and when you judge they be enough, lay them on a Pie-plate, and open them with a little ſtick, and ſo they will be hollow, and ſome of them you may braid, and twiſt ſome of them, ſo keep them dry.

178. *To make Seed-ſtuff of Raſberries.*

Take Raſberries and bruiſe them, and take their weight in fine Sugar, and boil it to a Candy height with a little water, then put in your bruiſed Raſberries, and boil them till you ſee they will jelly very well.

179

179. *To make Syrup of Gilly-flowers.*

Take Clove-gilly-flowers, and cut them from the Whites, then take their weight in Sugar beaten fine, then put a little Sugar into your Gally-pot, and then a Lay of Flowers, and then Sugar again, till all be ſpent, and let Sugar be the laſt, then put in a Clove or two, according to your quantity, and a little Malago Sack, and ſo tie your Pot up cloſe, and ſet it into a Pot or Kettle of boiling water, and let them ſtand till they are infuſed; then pour out the Liquor and ſtrain the reſt, but not too hard, then take this Liquor and vapour it away over ſeething water till it be of a good thickneſs, then take your ſtrained Gillyflowers and put them into a Pot with ſome White-wine Vinegar, and cover them over with fine Sugar, and ſo keep them; they are a better Sallad than thoſe you pickle up alone; as you make this, you may make ſyrup of any Herbs or Flowers.

180. *To make moſt excellent Cake.*

Take a ſtrik'd Peck of Flower, ſix pounds of Currans, half an Ounce of Mace, half an Ounce of Cinamon, a quarter of an Ounce of Cloves, as much of Nutmeg,

half a pound of fine Sugar, and as much Rose-water as you please; beat your Spice, and put that and your Fruits with a little Salt into your Flower, then take Cream or new Milk as much as you think fit, dissolve thereinto two pounds of fresh Butter, then put it in a Basin with the Sugar and a Pint of Sack, knead it with a Wine-Pint of Ale-Yest, knead it till it rise under your hand, let all things be ready and your Oven hot, before you go to knead the Cake.

181. *To make Pomatum the best way.*

Take the Caul of a Lamb new killed, pick it clean from the Skin, and lay it in Spring-water nine days, shifting it every day twice, then melt it, then take yellow Snails, stamp them, and put them into a Glass with Rosewater four dayes, stop the Glass and shake it three or four times a day, then take white Lilly roots, stamp them, and strain them, put the Juice of them into the Glass with the Snails, then set a Skillet on the Fire with fair water, and let it boil, then put your tried Lambs Caul into an earthen Basin, and let it melt, then take your Glass with Snails and roots, and strain it through a thick cloth

then put it into that tried ſtuff, then take half an Ounce of white Sugar-Candy unbeaten, put it in, and ſtir it over the fire, till that be diſſolved, then take it from the fire, and put in three Ounces of ſweet Almonds, keep it boiling and ſtirring a little longer, then take it off, and let it ſtand till it be reaſonably cool, then beat it with a wooden Slice till it be very white, then put in a little Roſewater, and beat it a little longer, and then keep it in Gallipots; you muſt put in a cruſt of bread when you melt it in the Skillet, and when the Sugar-Candy goes in, take it out.

112. *To make the Bean Bread.*

Take a pound of the beſt Jordan Almonds, blanch them in cold water, and ſlice them very thin the long way of the Almond with a wet Knife, then take a pound of double refned Sugar well beaten, and mix with your Almonds, then take the White of one Egg beaten with two ſpoonfuls of Roſewater, and as the Froth ariſeth, caſt it all over your Almonds with a Spoon, then mix them well together, and lay them upon Wafer ſheets, upon flowered Plates, and ſhape them as you pleaſe with your knife and your fingers, then ſtrew Caraway Comfits, and Orange and Citron Pill cut thin, or ſome Coriander

Comfits, ſo ſet them into an Oven not too hot, and when they have ſtood about half an hour, raiſe them from their Plates, and mend what you find amiſs before they be too dry, then ſet them into the Oven again, and when they are quite dry, break away the Wafers with your Fingers, and then clip them neatly with a pair of Scizzers, and lay on ſome Leaf-Gold if you pleaſe.

183. *To make an excellent Cake with Caraway Comfits.*

Take five Pounds of Manchet Paſte mingled very ſtiff and light without Salt, cover it, and let it be riſing half an hour, when your Oven is almoſt hot, take two pounds and half of Butter, very good, and melt it, and take five Eggs, Yolks and Whites beaten, and half a pound of Sugar, mingle them altogether with your Paſte, and let it be as lithe as poſſible you can work it, and when your Oven is hot and ſwept, ſtrew into your Cake one Pound of Caraway Comfits, then butter a baking-Pan, and bake it in that; let it ſtand one hour and quarter; when you draw it, lay a courſe Linnen Cloth and a Woollen one over it, ſo let it lie till it be cold, then put it into an Oven

Oven the next day, for a little time, and it will eat as though it were made of Almonds, you muſt put in your Sugar after your Butter.

184. *To make Diet Bread or Jumbolds.*

Take a Quart of fine Flower, half a Pound of fine Sugar, Caraway ſeeds, Coriander ſeeds and Aniſeeds bruiſed, of each one Ounce, mingle all theſe together, then take the Yolks of Eight Eggs, and the Whites of three, beat them well with four ſpoonfuls of Roſewater, and ſo knead theſe all together and no other Liquor, when it is well wrought, lay it for one hour in a linnen cloth before the Fire, then rowl it out thin, tie them in Knots and prick them with a Needle, lay them upon Butter'd Plates, and bake them in an Oven not too hot.

185. *To make Cider or Perry as clear as Rock Water.*

Take two Quarts of Cider, half a Pint of Milk, put them both in an Hipocras bag, and when it runs clear, bottle it up, and when it is a Month old, it will ſparkle in the Glaſs as you drink it.

186. *To make Almond Bread.*

Take a pound of Almonds blanched, and beaten with Rose-water, then take a pound of Sugar beaten fine, and a little grated Bread finely searced, put them into a Platter with your Almonds, and stir them well together, set them over a Chafing dish of Coals, and boil them till they are as stiff as Paste, stirring them continually, then mould them well and put them in what shape you you please; print them, and set them into some warm place to dry.

187. *To make good Almond Milk.*

Take Jordan Almonds blanched and beaten with Rose-water, then strain them often with fair water, wherein hath been boiled Violet Leaves and sliced Dates; when your Almonds are strained, take the Dates and put to it some Mace, Sugar, and a little Salt, warm it a little, and so drink it.

188. *To make white Leach.*

Take sweet Almonds blanched and beaten with Rose-water, then strained with fair water, wherein hath been boiled Aniseeds and Ginger, put to it as much cream, wherein pure Isinglass hath been boiled, as will

make

make it ſtiff, and as much Sugar as you pleaſe; let it be ſcalding hot, then run it through a ſtrainer, and when it is cold, ſlice it out, it is very good for a weak body.

189. *To make Red Leach or Yellow.*

Red by putting Tornſel into it, or Cochineal; Yellow by putting Saffron in it.

190. *Cinamon or Ginger Leach.*

Take your Spices beaten and ſearced, and mix them with your ſearced Sugar, mould them up with Gum Arabick infuſed in Roſewater, and ſo print them and dry them.

191. *To make Leach of Dates.*

Take your Dates ſtoned and peeled very clean within, beat them fine with Sugar, Ginger and Cinamon, and a little Roſewater till it will work like Paſte, then print them and keep them dry.

192. *To make fine Cakes.*

Take a Quart of Flower, a Pound of ſugar, a Pound of Butter, with three or four Yolks of Eggs, a little Roſewater, and a ſpoonful of Yeſt, then roul them out thin, while the Paſte is hot, prick them, and ſet them into the Oven not too hot.

193. *To make Corniſh Cakes.*

Take Claret Wine, the Yolks of Eggs, and Mace beaten fine, and ſome Sugar and Salt, mingle all theſe with Flower and a little Yeaſt, knead it as ſtiff as you can, then put in Butter, and knead it ſtiff again, and then ſhape them and bake them.

194. *A Cordial Syrup.*

Take one Pound of Juice of Burrage, and half ſo much of the Juice of Balm, boil them together, and when the groſſneſs of the Juice ariſeth, then put in the Whites of two Eggs beaten with Roſewater, and when you ſee them begin to grow hard, put in a little Vinegar, let them boil together, and ſcum it clean, and run it through a Jelly-Bag, then ſet it over the Fire again, and add to it one Pound of fine Sugar, and a little Saffron, and ſo boil it till you think it be enough.

195. *For a Conſumption.*

Take of Harts-tongue and Maiden-Hair, of each one handful, Hyſop and Balm, of each half a handful, Licoras ſliced, one Ounce, Piony Root one Ounce, boil theſe together in two Pints and half of Spring water

water until it be half consumed, then strain the Liquor from the Herbs, then take four Ounces of Currans washed clean, dried and beaten in a Mortar, boil them in the Liquor a little while, then strain it, and put to the Liquor half a Pound of Sugar, and so boil it to a Syrup, and take often of it.

196. *For a Consumption.*

Take a Pint of good Wine-Vinegar, and half a Pint of Colts-foot-water, half a Pound of Figs well bruised, then strain it, and boil it with a Pound of Sugar to a thick Syrup.

197. *A very good Perfume.*

Six Spoonfuls of Rosewater, Musk, Amber-greece and Civet, of each two Grains, a little Sugar beaten fine, mould them up together with Gum-Dragon steeped in Rosewater, make them in little Cakes and dry them.

198. *A Cordial to cause sleep.*

Two spoonfuls of Poppy water, two spoonfuls of Red Rosewater, one spoonful of Clove-Gilly-flower Syrup, and a little Diascordium, mingle them together, and take them at the time of rest.

199. To

199. *To perfume Gloves.*

Take four Grains of Musk and grind it with Roſe-water, and alſo eight Grains of Civet, then take two ſpoonfuls of Gum-dragon ſteeped all night in Roſe-water, beat theſe to a thin Jelly, putting in half a Spoonful of Oil of Cloves, Cinamon and Jeſſamine mixed together, then take a Spunge and dip it therein, and rub the Gloves all over thin, lay them in a dry clean place eight and forty hours; then rub them with your hands till they become limber.

200. *A very good Perfume to burn.*

Take 2 Ounces of the Powder of Juniper Wood, one Ounce of Benjamin, one Ounce of Storax, 6 drops of oil of Limons, as much oil of Cloves, ten grains of Musk, ſix of Civet, mould them up with a little Gum-Dragon ſteeped in Roſe-water, make them in little Cakes and dry them between Roſe-Leaves, your Juniper wood muſt be well dried, beaten and ſearced.

201. *To preſerve Cherries in Jelly.*

Take fair ripe Cherries, and ſtone them, then take a little more than their weight in fine Sugar, then take the juice of ſome other Cherries

Cherries, and put a ſpoonful of it in the bottom of the Poſnet, then put ſome of your Sugar beaten fine into the Poſnet with it, and then a little nore juice, then put in your Cherries, then put in Sugar, and then juice, and then Cherries again; thus do till you have put in all, then let them boil apace till the Sugar be melted, ſhaking them ſometimes, then take them from the fire, and let them ſtand cloſe covered one hour, then boil them up quick till the Syrup will jelly.

202. *To dry Apricocks or Pippins to look as clear as Amber.*

Take Apricocks and take out the Stones, and take Pippins and cut them in halves and core them, let your Apricocks be pared alſo; lay theſe Fruits in an earthen diſh, and ſtrew them over with fine Sugar, ſet them into a warm Oven, and as the Liquor comes from them put it away, when all the Liquor is come away turn them and ſtrew them thick with Sugar on every ſide, ſet them into the Oven again, and when the Sugar is melted lay them on a dry diſh, and ſet them in again, and every day turn them till they be quite dry. Thus you may dry any ſort of

of Plumbs or Pears as well as the other, and they will look very clear.

203. *To dry Pears or Pippins without Sugar.*

Take of the faireſt and lay them in ſweet-wort two or three days, then lay them in a broad preſerving Pan of earth, and bake them, but let the Oven be but gently hot, then lay them upon lattice Sieves and ſet them into a warm Oven, and turn them twice a day till they are dry.

204. *The Spaniſh Candy.*

Take any ſort of Flowers well picked and beaten in a Mortar, and put them into a Syrup, ſo much as the Flowers will ſtain, boil them, and ſtir them till you ſee it will turn Sugar again, then pour it upon a wet trencher, and when it is cold cut it into Lozenges, and that which remaineth in the bottom of the Poſnet ſcrape it clean out, and beat it and ſearce it, then work it with ſome Gum Dragon ſteeped in Roſewater and a little Ambergreece, ſo make it into what ſhape you pleaſe, and dry it.

205. *To make Naples-Biſket.*

Take four Ounces of Pine Apple-ſeeds, two ounces of ſweet Almonds blanched, the Whites of two Eggs, one ſpoonful of Ale-Yeaſt, one ſpoonful of Rice-Flower, one ſpoonful of ſweet Cream, beat all theſe together in a Mortar, then add to it Muſk or Ambergreece, drop it upon a Pie-plate, and make it in what ſhape you pleaſe, and ſo bake it.

206. *To make Italian Biſket.*

Take Sugar ſearced fine, and beat in a Mortar with Gum Dragon ſteeped in Roſe-water, and alſo the White of an Egg, till it come to a perfect Paſte, then mould it up with ſearced Sugar, Powder of Aniſeeds, and a little Muſk, and make them in what ſhape you pleaſe, and bake them on Pie-Plates, but not too much.

207. *To make Hippocras.*

Take to every Gallon of Sack or White Wine, one Pound of Sugar, one Ounce of Cinamon, one Ounce of Ginger, one quarter of an Ounce of Nutmegs, a quarter of an Ounce of Coriander ſeed, with a few Cloves

Cloves, and a little Long Pepper or a few Granes, let all these steep together four and twenty hours, stir it twice or thrice in that time; then put to every Gallon one Pint of Milk, and run it through a Jelly-Bag, and then bottle it, and let them be stopped very close, set them in a cool place, it will keep a Month.

208. *To mak Tuff-Taffity Cream.*

Take a quart of thick Cream, the whites of eight Eggs beaten to a Froth with Rose-water, then take off the Froth and put it into the Cream, and boil it, and always stir it, then put in the Yolks of eight Eggs well beaten, and stir them in off the Fire, and then on the Fire a little while, then season it with Sugar, and pour it out, and when it is cold, lay on it Jelly of Currans or Rasberries, or what you please.

209. *Caraway Cake.*

Take one Quart of flower, and one pound of Butter, rub your Butter into your Flower very well, then take two Yolks of Eggs and one White, two spoonfuls of Cream, half a Pint of Ale-Yest, mix them all together,

ther, do not knead it, but pull it in pieces, then ſet it to the fire to riſe, and ſo let it lie almoſt one hour, turning it often, then pull it in pieces again, and ſtrew in half a pound of Caraway Comfits, mingle them with the Paſte, then take it lightly with your hand, faſhion it like an Oval, and make it higher in the middle than the ſides, let your Oven be as hot as for a Tart, be ſure your Oven and Cake be ready both at once, put it upon a double paper buttered, and let it ſtand almoſt an hour, when it goes into the Oven, ſtrew it thick with Caraway-Comfits, and lay a paper over leſt it ſcorch.

210. *To Candy Barberries.*

Stone the faireſt Bunches you can get, and as you ſtone them ſtrew in a little Sugar, then take ſo much water as you think will cover them, and let them boil in it with a little Sugar a little while, then put them into a deep thing that the Syrup may cover them, then boil a little water and Sugar to a Candy height, then having your Barberries drained well from the Syrup put them into the hot Candy, ſtir them gently till the Sugar be diſſolved, but do not let them boil in it, then open every branch

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and lay them upon the brims of diſhes, ſhift them often on clean diſhes and open them every time, then ſet them into an Oven or Stove to dry.

211. *To make a very fine Sillibub.*

Take one Quart of Cream, one Pint and an half of Wine or Sack, the Juice of two Limons with ſome of the Pill, and a Branch of Roſemary, ſweeten it very well, then put a little of this Liquor, and a little of the Cream into a Baſin, beat them till it froth, put that Froth into the Sillibub pot, and ſo do till the Cream and Wine be done, then cover it cloſe, and ſet it in a cool Cellar for twelve hours, then eat it.

212. *Fine ſweet Powder for the hair.*

Take one pound of the beſt ſtarch you can get, put it into a Baſin with half a Pint of Roſemary water, as much Roſewater, ſtir them well together with a Spoon, then dry them well in the Sun, then take the ſearced Powder of Damask Roſes, and four grains of Ambergreece, mix it well wish your Starch, and ſift it fine.

213. *To make Cakes of Piſtachoes.*

Take half a pound of Almonds Blanched, half a pound of Piſtachoes blanched, four Ounces of Pine-Apple-ſeeds, beat theſe together in a Mortar with a little Roſewater till it come to perfect Paſte, then put in the weight of it in Sugar, and beat it again, then mould it with ſearced Sugar, and lay it upon Wafer-ſheets, and fathion them as you pleaſe; then ſtick them with quartered Piſtachoes, that they may make it look like a Hedg-hog, then with a Feather Ice them over with the White of an Egg, Roſewater and Sugar, then bake them carefully.

214. *To make Cakes of Apricocks in Lumps.*

Take Apricocks, and pare them and cut them in halves, then take their weight in Sugar, put half this Sugar and the Apricocks into a Poſnet, let them boil apace till they look clear, then boil the other part of the Sugar to a Candy height, then put them together, and ſtir them a while, then put them into Glaſſes and ſet them into a Stove, and when the one ſide is dry, turn the other.

215. *To make Rasberry Sugar.*

Take the Juice of Rasberries and wet your Sugar with it, and dry it in a Stove in little Cakes; this will keep all the year, a little of it being put into a Glass of Wine, will give it as good a taste, as you can desire, and as good a colour; in this manner you may make Sugar of any Fruit, Flower, or Herb.

216. *To dry Apricocks.*

Take your fairest Apricocks and stone them, then weigh them, and as you pare them, throw them into cold water, have in readiness their weight in fine Sugar, wet it with some of the water they lye in, and boil it to a Candy height, then put in your Apricocks, then boil them till they are clear, when they have lain three or four days in the Syrup, lay them out upon Glasses to dry in a stove, and turn them twice a day.

217. *To make rough Marmalade of Cherries.*

Stone your Cherries, and infuse them in a long Gallipot in a Kettle of boiling water, when they are all to pieces, then take their weight

weight in fine Sugar boiled to a Candy height with a little water, then put in your Apricocks and ſtir them over a ſlow fire, but do not let it boil, when it will Jelly, put it into Glaſſes.

218. *To make ſmooth Marmalade of Cherries.*

Infuſe them as you do the other, then ſtrain them hard, and boil the Juice with a Candy as you do the other.

219. *To make white Trencher-Plates which may be eaten.*

Take two Eggs beaten very well, Yolks and Whites, two ſpoonfuls of Sack, one ſpoonful of Roſewater, and ſo much flower as will make it into a ſtiff Paſte, then roul it thin, and then lay it upon the outſides of Plates well buttered, cut them fit to the Plates, and bake them upon them, then take them forth, and when they are cold, take a pound of double refin'd Sugar beaten and ſearced, with a little Ambergreece, the White of an Egg and Roſewater, beat theſe well together, and Ice your Plates all over with it, and ſet them into the Oven again till they be dry.

220. *To*

220. *To make the Froth Posset.*

Take three Pints of Cream or new Milk, set it on the fire, then take sixteen Eggs and put the Whites into a Basin very deep, and beat the Yolks by themselves, make a Custard with them, and the Cream which is on the fire, then beat the Yolks to a Froth with a little Sack, and a little Sugar, when it is a thick Froth, cast it into another Dish with a Spoon, then take half a Pint of Sack, and sweeten it with Sugar, set it on a Chasing-dish of Coals in a large Basin, when it is hot, put in as much Froth as the Sack will receive, stir it in very well, then take your Custard and pour upon it, stir it all one way when you put it in, then if the Froth do not cover the top of the Posset, put in more, and stir it very well, and cover it close with a warm Dish, let it stand a while upon Coals, but not too hot; you may know when it is enough by putting your Spoon into the Basin, for then it will be clear in the bottom, Curd in the middle, and Froth on the top.

221. *To make* Banbury *Cakes.*

Make a Posset with Sack and Cream, then take a Peck of fine Flower, half an Ounce of Mace, as much of Nutmeg, as much of Cinamon, beat them and searce them, two pounds of Butter, ten Eggs, leaving out half their Whites, one Pint and half of Ale-Yest, beat your Eggs very well, and strain them, then put your Yest and some of the Posset to the Flower, stir them together, and put in your Butter cold in little pieces, but your Posset must be scalding hot; make it into a Paste, and let it lie one hour in a warm Cloth to rise, then put in ten pounds of Currans washed and dried very well, a little Musk and Ambergreece dissolved in Rose-water, put in a little Sugar among your Currans, break your Paste into little pieces, when you go to put in your Currans, then lay a Lay of broken paste, and then a Lay of Currans till all be in, then mingle your Paste and Currans well together, and keep out a little of your Paste in a warm Cloth to cover the top and bottom of your Cake, you must rowl the Cover very thin, and also the Bottom, and close them together over the Cake with a little Rose-water; prick

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the top and bottom with a small Pin or Needle, and when it is ready to go into the Oven, cut in the sides round about, let it stand two hours, then Ice it over with Rosewater or Orange Flower and Sugar, and the White of an Egg, and harden it in the Oven.

222. *To make Cambridge Almond Butter.*

Take a Quart of Cream and sixteen Eggs well beaten, mix them together and strain them into a Posnet, set them on a soft fire, and stir them continually; when it is ready to boil, put in half a quarter of a Pint of Sack, and stir it till it run to a Curd, then strain the Whey from it as much as may be, then beat four Ounces of blanched Almonds with Rosewater, then put the Curd and beaten Almonds and half a pound of fine Sugar into a Mortar, and beat them well together, then put it into Glasses and eat it with bread, it will keep a Fortnight.

223. *To make a Sack Posset without Milk or Bread.*

Take a Quart of Ale and half a Pint of Sack, boil them with what spice you please, then take three quarters of a pound of Sugar

and twenty Eggs, Yolks and Whites well beaten and ſtrained, then take four Ounces of Almonds blanched and beaten with Roſe-water, put them to the Eggs, and put them to the other things in the Poſnet upon the fire, and keep them ſtirring, and when it boileth up, put it into a Baſin, and ſtrew on beaten ſpice and Sugar; you muſt alſo ſweeten it when the Eggs go in.

224. *To preſerve Figs and dry them.*

To every pound of your large ripe Engliſh Figs, take a pound of Sugar, and one Pint of Water, boil your Sugar and Water and ſcum it, then put in your Figs, and boil them very well till they are tender and clear; boil them very faſt, when they have been in the Syrup a week, boil ſome Sugar to a Candy height, and put in the Figs, and when you perceive they are enough, lay them out to dry.

225. *To pickle Muſhrooms.*

Take them of one nights growth, and peel them inſide and outſide, boil them in Water and Salt one hour, then lay them out to cool, then make a pickle of White Wine and White Wine Vinegar, and boil in it whole Cloves, Nutmegs, Mace, and Gin-

gar sliced, and some whole Pepper, when it is cold, put them into it, and keep them for Sauces of several Meats; and if you would dress them to eat presently, put them in a Dish over a Chafingdish of Coals without any Liquor, and the fire will draw out their natural Liquor, which you must pour away, then put in whole Spice, Onions and Butter, with a little Wine, and so let them stew a while, then serve it in.

226. *To preserve whole Quinces to look red.*

When they are pared and cored, put them into cold water, and for every Pound of Quince take one Pound of Sugar, and a Pint of Water, make a Syrup thereof, then put in your Quinces, and set them on a slow fire, close covered, till you see they are of a good Colour and very tender, then take them out, and boil your Syrup till it will Jelly.

227. *To make very good Marmalade of Quinces to look red.*

Weigh your Quinces and pare them, cut them in quarters and core them, and keep them in cold water, then take their weight

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in Sugar, and a little water, and boil it, and scum it, then put in your Quinces, and set them on a slow fire, close covered, till you see it of a good colour, then uncover it, and boil it up very quick till you find that it will jelly very well.

228 *To make Musk Sugar.*

Bruise six grains of Musk and tie them in a piece of Tiffany, lay it in the bottom of a Gallipot, and then fill it with Sugar, and tie it up close, when you have spent that Sugar, put in some more, it will be well perfumed.

229. *An excellent way to make Syrup of Roses, or of any other Flower.*

Fill a Silver Bason three quarters full of Spring water, then fill it up with Rose-Leaves or any other, and cover it, and set it upon a pot of seething water one hour; then strain it, and put in more; and do in like manner, and so do seven times, then take to every Pint one Pound of Sugar, and make a Syrup therewith.

230. *To dry Rose Leaves.*

Pick your Roses, and dry them upon the Leads of a house in a Sun-shine day, and turn them as you do Hay, and when they are through dry, keep them in broad mouth'd Glasses close stopped.

231. *To Candy Flowers.*

Boil some Rose-water and Sugar together, then put in your Flowers being very dry, and boil them a little, then strew in some fine Sugar over them, and turn them, and boil them a little more, then take them from the fire, and strew some more Sugar over them, then take them out and lay them to dry, and open them, and strew Sugar over them; they will dry in a few hours in a hot day.

232. *The making of Sugar-Plate and casting of it into Moulds.*

Take one Pound of double refin'd Sugar beaten and searced, and three Ounces of pure white Starch beaten and searced, then have some Gum-Dragon steeped in Rose-water, and put some of it with the Sugar and Starch and a little of Ambergreece into

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a Mortar, and beat them till they come to a perfect paste, you must also put in a little White of an Egg with the Gum, then mould it with searced Sugar, then dust your Moulds with Sugar, then roul out your Paste and lay it into the Mould, pressing it down into every hollow part with your fingers, and when it hath taken impression, knock the Mould on the edge against a Table and it will come out, or you may help it with the point of your knife; if you find you have put in too much Gum, then add more Sugar, if too much Sugar, then more Gum, work it up as fast as you can, when they come out of the Moulds trim them handsomely; if you would make saucers, dishes, or bowls, you must roul it out thin and put your Paste into a saucer, dish, or bowl for a Mould, and let them stand therein till they be very dry, then gild them on the edges with the white of an Egg laid round about the edge with the pencil, and press the Gold down with some Cotton, and when it is dry brush off the superfluous loose Gold with the foot of an Hare, and if you would have your Paste exceeding smooth, as for Cards or the like, then roul your Paste upon a slicked paper with a very smooth Rouling-pin; if you would colour any of

it, you must take the searced powder of any Herbs or Flowers, first dryed, and put to it when you beat it in a Mortar with the Gum.

233. *To make Paste of Almonds.*

Take four Ounces of *Valentia* Almonds, blanched and beaten with Rose-water till it come to perfect Paste, then take stale white bread, grate it and sift it, and dry it by the fire, then put that to your Almonds with the weight of all in fine Sugar, beat them very well, and put in some Spice beaten and searced, then when it is a little cool, roul it out, dust your Moulds and print it and dry it in an Oven, you may if you please put the juice of a Limon into it when it is beating, you may make some of it into Jumbolds, and tie them in knots and bake them upon Buttered Plates, and when they are baked, ice them over with Rose-water, Sugar, and the White of an Egg, and set them into the Oven again for a while.

234. *To make French Bisket.*

Take half a Peck of fine Flower, two Ounces of Coriander seeds, the Whites of four

four Eggs, half a Pint of Ale-Yest, and as much water as will make it up into a stiff Paste, let your water be blood warm, then bake it in a long Roll as big as your Thigh, let it be in the Oven but one hour, when it is two days old, pare it and slice it thin overthwart, then ice it over thin, and set it into the Oven to dry.

235. *To make Ginger-bread.*

Take three stale Manchets grated and sifted, then put to them half an Ounce of Cinamon, as much Ginger, half an Ounce of Licoras and Anniseeds together, beat all these and searce them, and put them in with half a Pound of fine Sugar, boil all these together with a quart of Clarret, stirring them continually till it come to a stiff Paste, then when it is almost cold, mould it on a Table with some searced Spice and Sugar, then bake it in what shape you please.

236. *Another sort of Ginger-bread.*

Take half a pound of sweet Almonds blanched and beaten, half a pound of fine Flower first dried in an Oven, one Pound of fine Sugar, what sorts of Spices you

pleaſe, beaten and ſearced, and alſo ſeeds, beat all theſe together with two Eggs, both Yolks and Whites, then mould it with flower and Sugar together, and ſo bake it in what ſhape you pleaſe.

237. *To make Puff-Paſte.*

Take a quart of the fineſt Flower, the Whites of three Eggs, and the Yolks of two, and a little cold water, make it into a perfect Paſte, then roul it abroad thin, then lay on little bits of Butter, and fold it over again, then drive it abroad again, and lay on more Butter, and then fold it over, and ſo do ten times, make it up for your uſe, and put your Fruit or Meat therein and bake it.

238. *Another way for Puff-Paſte.*

Take fine Flower half a Peck, the Yolks of five Eggs and one White, one Pound of Butter, half a Pint of Cream, and a little fair water, break your Butter in little Bits and do not mould it too much, but roul it abroad ſo ſoon as you can, and let the Butter be ſeen in ſpots; for that will make it hollow when it comes into the Oven, then put in your Meat or Fruit, and

cloſe

close it over, and wash it over with the Yolk of an Egg and cream beaten together, just when you set it into the Oven, let your Oven be quick, but do not let it stand too long, for that will spoil it.

239. *To make short Paste without Butter.*

Bake your Flower first, then take a quart of it, and the Yolks of three Eggs and a Pint of Cream, two Ounces of fine Sugar, and a little Salt, and so make it into Paste.

240. *To Candy whole Spices with a hard Rock-Candy.*

Take one Pound of fine Sugar, and eight spoonfuls of Rosewater, and the weight of six pence of Gum-Arabick that is clear, boil them together till a drop will run as small as a hair; then put it into an earthen Pipkin, and having before steeped your spices one night or two in Rosewater, put your spices into the Pipkin, and stop it up close that no Air get in, keep it in a hot place three weeks, then break your Pot with a Hammer.

Thus you may do with preserved Oran-

ges and Limons, any kinds of Fruits and Flowers, or Herbs if you please.

241. *To make very fine Bisket.*

Take half a Pound of ſearced Sugar, the Yolks of ſix Eggs, a little ſearced ſpice and Seeds, and a little Ambergreece or Musk, your Eggs muſt be very hard, then put all theſe into a Mortar and beat them to a Paſte with a little Gum-Dragon ſteeped in Roſe-water all night, then mould it up with fine Sugar; and make it into pretty Fancies, and dry them in a warm Oven.

242. *To make Orange, or Limon or Citron Bisket.*

Take either of theſe preſerved and waſhed from their Syrup, beat them well in a Mortar, and then put in a little Gum-Dragon as before, beat them again together till it be a perfect Paſte, then mould it up with Sugar ſearced, and make them up in what ſhape you pleaſe and dry it.

243. *To make Bisket of Potato-Roots or Parsneps.*

Take their Roots boil'd very tender, and beat them in a Mortar with their weight of searced Sugar, then put in a little Gum-Dragon as before, beat them to a Paste, and mould them up with Sugar searced, and make them up in what shape you please, and dry them.

244. *To pickle Oranges or Limons, taught me by a Seaman.*

Take those which are free from any spots, and lay them gently in a Barrel, then fill up the Barrel with Sea-water, and so cover your Vessel close; for want of Sea-water, you may take fair water, and make it so strong with Bay Salt, that it will bear an Egg, and put to them in like manner.

245. *To keep Grapes fresh and green, taught me by a Sea-Captain.*

Take your fairest Grapes without any blemish, then lay some Oats in a Box, and then a Lay of Grapes, and then more Oats, and

and so do till you have laid all in, then cover the Grapes well with Oats, and close your Box fast that no Air get in.

246. *To dry Grapes to keep longer.*

Take your best Clusters and hang them up in a Room upon Lines, and be sure you do not let them touch one another, they will keep four months.

247. *To make Marmalade of Oranges or Limons.*

Boil the Rinds of them in several Waters till they be very tender, beat them small with their weight of Pippins, then take the weight of all in fine Sugar, and to every Pound of Sugar, a Pint of Water, boil your Water and Sugar together, and make a Syrup, then put in your Pulp, and boil it a good while till it be clear, then put in the Juice of some Orange and Limon, so much as will give it a fine taste, then boil it a little longer till you see it will jelly very well, then put it into Glasses, and keep it in a reasonable warm place; this is very Cordial, and stoppeth Rheum.

248. *To make green Ginger wet.*

Take one pound of Ginger, and steep it in Red-Wine and Vinegar equally mixed, let it stand so close covered twelve days, and twice every day stir it up and down, then take two quarts of Red-Wine and as much Vinegar, and boil them together a little while, then put in three pounds of Sugar and make a Syrup therewith, then put in your Ginger and boil it a while, then set it by till the next day, so boil it every day a little, till it be very clear, and so keep it in the Syrup.

249. *To make a Sallad of Limons.*

Take the rinds of Limons cut in halves, and boil them in several waters till they are very tender, then take vinegar, Water and Sugar, and make a Syrup, then put in your Limons, first cut as you would an Apple-paring, round and round till you come at the top, boil them a while in the Syrup, then set them by till the next day, then boil them again a little, and so do till you see they be clear, and the Syrup thick; when you serve them to the Table, wash them in Vinegar.

205. *To stew Prunes without fire.*

Take your largest Prunes well washed, and put them into a broad mouthed Glass, then put to them some Clarret Wine, and whole Spice, and cover your Glass very well, and set it in the Sun ten days or more, and they will eat very finely; you must also put a little Sugar into the Glass with them.

251. *To make Syrup of the Juice of Citrons or Limons.*

Take the Juice of either of them, and put twice the weight of fine Sugar therein, put it into a long Gallipot, and set that pot into a Kettle of boiling water, till you see they be well incorporated, then take it out, and when it is cold put it up.

252. *To make Punch.*

Take one Quart of Clarret wine, half a Pint of Brandy, and a little Nutmeg grated, a little Sugar, and the Juice of a Limon, and so drink it.

253. *To make Limonade.*

Take one Quart of Sack, half a Pint of Brandy, half a Pint of fair Water, the Juice of two Limons, and some of the Pill, so brew them together with Sugar, and drink it.

254. *To make Paste of Pomewaters.*

Take your Pomewater Apples, and put them in a Long Gallipot, and set that Pot in a Kettle of boiling water, till your Apples are tender, then pare them, and cut them from the Core, and beat them in a Mortar very well, then take their weight in fine Sugar, and boil it to a Candy height with a little water, then put in your Apples, and boil them till it will come from the bottom of the Posnet, when it is almost cold mould it with searced Sugar, and make it in Cakes and dry them.

255. *To make Syrup of Raſberries, or of other Fruits, as Grapes or the like.*

Take the Juice of your Fruits and the weight thereof in fine Sugar, mix them toge-

together, and put them into a long Gally-pot, and set that pot into a Kettle of seething water, and when you see it is enough let it cool, and then put it up; after you have strained out your Juice, you must let it stand to settle three or four days before you put the Sugar into it, and then take only the cleerest, this is exceeding good and comfortable in all Feavers.

256. *To make a Caudle for a sick body both pleasant and comfortable.*

Take a quart of white Wine, and boil it a while with a Blade of large Mace, and a little whole Cinamon, then take four Ounces of sweet Almonds blanched and beaten with a little Rose-water, then strain your Almonds with the Wine, and set it over the fire again, and when it is scalding hot, put in the Yolks of four Eggs, and as much Sugar as you think fit.

257. *How*

257. *How to cover all kinds of Seeds, or little pieces of Spices, or Orange or Limon Pill, with Sugar for Comfits.*

Firſt of all you muſt have a deep bottomed Baſin of Braſs or Latin, with two ears of Iron to hang it with two Cords over ſome hot Coals.

You muſt alſo have a bread Pan to put Aſhes in, and hot Coals upon them.

You muſt have a Braſs Ladle to let run the Sugar upon the Seeds.

You muſt have a Slice of Braſs to ſcrape away the Sugar from the ſides of the hanging Baſin, if need be.

Having all theſe things in readineſs, do as followeth;

Take fine white Sugar beaten, and let your Seeds and Spice be dry, then dry them again in your hanging Baſin:

Take to every two pounds of Sugar one quarter of a pound of Spices or Seeds, or ſuch like.

If it be Anniſeeds, two pounds of Sugar to half a pound of Anniſeeds, will be enough.

Melt your Sugar in this manner, put in three Pounds of Sugar into the Baſin, and one

one Pint of Water, ſtir it well till it be wet, then melt it very well and boil it very ſoftly until it will ſtream from the Ladle like Turpentine, and not drop, then let it ſeeth no more, but keep it upon warm Embers, that it may run from the Ladle upon the ſeeds.

Move the ſeeds in the hanging Baſin ſo faſt as you can or may, and with one hand, caſt on half a Ladle full at a time of the hot Sugar, and rub the Seeds with your other hand a pretty while, for that will make them take the Sugar the better; and dry them well after every Coat.

Do thus at every Coat, not only in moving the Baſin, but alſo with ſtirring of the Comfits with the one hand, and drying the ſame: in every hour you may make three pounds of Comfits; as the Comfits do increaſe in bigneſs, ſo you may take more Sugar in your Ladle to caſt on:

But for plain Comfits, let your Sugar be of a light decoction laſt; and of a high decoction firſt, and not too hot.

For criſp and ragged comfits make your decoction ſo high, as that it may run from the Ladle, and let it fall a foot high or more from the Ladle, and the hotter you caſt on your Sugar, the more ragged will your Comfits be; alſo the Comfits will not take

ſo

so much of the Sugar, as upon a light decoction, and they will keep their raggedness long; this high decoction, must serve for eight or ten Coats, and put on at every time but one Ladle full.

A quarter of a pound of Coriander seeds, and three pounds of Sugar, will serve for very great Comfits.

See that you keep your Sugar in the Basin always in good temper, that it burn not in Lumps, and if at any time it be too high boiled, put in a spoonful or two of water, and keep it warily with your Ladle, and let your fire be always very clear, when your Comfits be made, set them in Dishes upon Papers in the Sun or before the Fire, or in the Oven after Bread is drawn, for the space of one hour or two, and that will make them look very white.

157. *To make a fine Cullis or Jelly.*

Take a red Cock, scald wash and dress him clean, seeth it in white Wine or Rhenish Wine, and scum it clean, put in a pint of thick cream to it, then put in whole Spices, Sugar and Rose water, and boil them together.

258. *A white Jelly with Almonds.*

Take Rose-water and Gum-Dragon first steeped, or Isinglass dissolved, and some Cinamon whole, seeth these together, then take one pound of Almonds blanched and beaten with Rose-water, then put them in and seeth them with the rest, stir them always, and when it is enough, sweeten it to your taste, and when it is cold eat it.

259. *To make sweet Cakes without Sugar.*

Wash some Parsnep roots, scrape them and slice them very thin, dry them in a Dish in an Oven and beat them to a Powder, mix them with an equal quantity of fine Flower, mix them with Cream, beaten Spice and Salt, and so make them and bake them.

260. *To keep Roses or Gilliflowers very long.*

Take them when they are very fresh, and in the bud, and gathered very dry, dip them in the whites of Eggs well beaten, and presently strew thereon searced Sugar, and put them up in luted Pots, and set them in a cool

place, in sand or gravel, and with a Filip of your finger at any time you may strike off the coat, and you will have the Flower fresh and fair.

261. *How to keep Walnuts long fresh and good.*

Make a lay of the dry stampings of Crabs when the Verjuice is pressed forth, then a Lay of Walnuts, and then Crabs again, till all be in, then cover the Vessell very well, and when you eat them, they will be as though they were new gathered.

262. *To pickle Quinces.*

Put them into a Vessel, and fill up the Vessel with small Ale, or white Wine Lees, which is better, and cover your Vessel well that no Air get in.

263. *To keep Artichokes.*

Take your Artichokes, and cut off the stalks within two inches of the Apple, and of these stalks make a strong Decoction, slicing them into thin and small pieces, and boil them with water and salt, when it is cold

cold, put in your Artichokes, and keep them from the Air.

When you spend them, lay them first in warm water, and then in cold, to take away the bitterness.

264. *To make Clove or Cinamon Sugar.*

Put Sugar in a Box, and lay Spices among it, and close up the Box fast, and in short time it will smell and tast very well,

265. *To make Irish* Aquavitæ.

Take to every Gallon of good *Aquavite*, two ounces of Liquorice bruised, two ounces of Aniseeds bruised, let them stand six dayes in a Vessell of Glass close stopped, then pour out as much of it as will run clear, dissolve in that clear six great spoonfuls of the best Molasses, then put it into another Glass, then add to it some Dates and Raisins of the Sun stoned; this is very good for the Stomach.

266. *To distill Roses speedily.*

Stamp your Roses in a Mortar with a little Rosewater, and then distil them: This way will yield more water by much than the common way.

267. *To make Scotch Brewis.*

Take a Manchet and pare off the crust, then slice it thin and whole round the Loaf, and lay these slices into a deep dish cross ways, one slice lying upon the edge of the other a little, that they may lye quite cross the dish, then fill it up with Cream and put whole Spice therein, so set it over a Chafing-dish of Coals very hot, and always cast the Cream all over the Bread with a Spoon till all be spent, which will be above an hour, then take some Sack and sweeten it with Sugar, and pour all over it, and serve it to the Table.

268. *To make fine Black Puddings.*

Take the Blood of a Hog, and strain it, and let it stand to settle, putting in a little Salt while it is warm, then pour off the

the water on the top of the Blood, and put ſo much Oatmeal as you think fit, let it ſtand all night; then put in eight Eggs beaten very well, as much Cream as you think fit, one Nutmeg or more grated, ſome Pennyroyal and other Herbs ſhred ſmall, good ſtore of Beef Sewet ſhred very ſmall, and a little more Salt; mix theſe very well together, and then have your Guts very well ſcoured, and ſcraped with the back of a Knife, fill them but not too full, then when you have tyed them faſt, waſh them in fair water, and let your water boil when they go in; then boil them half an hour, then ſtir them with the handle of a Ladle and take them up and lay them upon clean ſtraw, and prick them with a Needle, and when they are a little cool put them into the boiling water again, and boil them till they are enough.

269. *To make the beſt Almond-Puddings.*

Take a quart of thick Cream and boil it a while with whole Spice, then put in half a pound of ſweet Almonds blanched and beaten to a Paſte with Roſe-water, boil theſe together till it will come from the bottom of the

the Posnet, continually stirring it for fear it burn:

Then put it out, and when it is cool, put in twelve yolks of Eggs, and six Whites, some Marrow in big Bits, or Beef Suet shred small, as much Sugar as you think fit, then fill your Guts being clean scraped; you may colour some of them if you please, and into some put plumped Currans, and boil them just as you do the other.

270. *To make a Rice Pudding to bake.*

Take three Points of Milk or more, and put therein a quarter of a Pound of Rice, clean washed and picked, then set them over the fire, and let them warm together, and often stir them with a wooden Spoon, because that will not scrape too hard at the bottom, to make it burn, then let it boil till it be very thick, then take it off and let it cool, then put in a little Salt, some beaten Spice, some Raisins and Currans, and some Marrow, or Beef Suet shred very small, then Butter your Pan, and so bake it, but not too much,

271. *To make a Pudding of wild Curds.*

Take Wild-curds and Cream with them, put thereto Eggs, both yolks and whites, Rosewater, Sugar, and beaten Spice with some Raisins and Currans, and some Marrow, and a little Salt, then butter a Pan, and bake it.

272. *To make Pudding of Plum-Cake.*

Slice your Cake into some Cream or Milk, and boil it, and when it is cold, put in Eggs, Sugar, a little Salt and some Marrow, so butter a Pan and bake it, or fill guts with it.

273. *To make Birket Pudding.*

Take Naples Biskets and cut them into Milk, and boil it, then put in Eggs, Spice, Sugar, Marrow, and a little Salt, and so boil it and bake it.

274. *To make a dry Oatmeal Pudding.*

Take your Oatmeal well picked, and put into it a little Salt, some Raisins and Currans,

rans, and some beaten Spice, and good store of Beef Suet finely shred, so tie it up hard in a Cloth, and let your water boil when you put it in; and let it boil very well; if you would butter it, then leave out the Suet; and if you would leave out the Fruit, then put in sweet herbs good store.

275. *To make Almond Puddings a different way from the other.*

Take two Manchets and grate them, then scald them in some Cream, then put in some Almonds Blanced and beaten as you do other, with Rose-water, let there be about half a pound, then put in eight Eggs well beaten, some Spice, Sugar, Salt and Marrow, and having your Guts well scowred and scraped, fill them, but not too full, and boil them as you do the other; or bake it if you please; Currans will do well in it.

276. *To make a Quaking Pudding.*

Take Grated Bread, a little Flower, Sugar, Salt, beaten Spice, and store of Eggs well beaten, mix these well, and beat them together, then dip a clean Cloth in hot water, and flower it over, and let one hold it

at the four corners till you put it in, ſo tie it up hard, and let your Water boil when you put it in, then boil it for one hour, and ſerve it in with Sack, Sugar and Butter.

277. *To make good Dumplings.*

Take ſome Flower and a little Salt, and a little Ale-Yeſt, and ſo much water as will make it into a Paſte, ſo let your water boil when you do put them in; boil them but a little while and then buttet them.

278. *Another way to make Dumplings.*

Take half a quarter of a Peck of Flower, and one Egg, yolk and white, half a Pound of Butter broke in little Bits, mix them together with ſo much cold Milk as will make it up, do not break your Butter too ſmall, for then they will not flake; make them up like Rouls of Butter, and when your water boils, put them in, and do not boil them too much, then butter them.

279. *Another way to make Dumplings.*

Take Flower and temper it very light with Eggs, Milk, or rather Cream, beaten Spice, Salt, and a little Sugar, then wet a Cloth

Cloth in hot water, and flower it, and so boil it for a Pudding, or else make it pretty stiff with the Flower and a little grated Bread, and so boil them for dumplings, then butter them, and serve them in.

280. *To make a green Pudding to Butter.*

Take a Quart of Cream and boil it, then put in twelve Eggs, yolks and whites well beaten, and one Manchet grated small, a little Salt, beaten Spice and some Sugar.

Then colour it well with some Juice of Spinage, or if you will have it yellow, colour it with Saffron, so boil it in a wet Cloth flowred as before, and serve it in with Wine, Sugar and Butter, and stick it with blanched Almonds split in halves, and pour the sauce over it, and it will look like a Hedghog.

You may at some time stick it with Candied Orange Pill or Limon Pill, or Eringo Roots Candied, you may sometimes strew on some Caraway Comfits, and if you will bake it, then put in some Marrow, and some Dates cut small: thus you have many Puddings taught in one.

281. *To make a Pudding of a Hogs Liver.*

Take your Liver and boil it in water and ſalt, but not too much;

Then beat it fine in a Mortar, and put to it one Quart of Cream, a little Salt, Roſe-water, Sugar, beaten Spice and Currans, with ſix Eggs beaten very well: mix it well.

And if you bake it, put in Marrow, or if you boil it in Skins.

But if you boil it in a Cloth, then leave it out; and butter it when it is boiled.

282. *To make a Rasberry Pudding.*

Take a Quart of Cream and boil it with whole Spice a while, then put in ſome grated Bread, and cover it off the Fire, that it may ſcald a little; then put in eight Eggs well beaten, and ſweeten it with Sugar; then put in a Pint or more of whole Rasberries, and ſo boil it in a Cloth, and take heed you do not boil it too much, then ſerve it in with Wine, Butter, and Sugar.

You may ſometimes leave out the Raſberries, and put in Cowſlip Flowers, or Goosberries.

283. *To make a Calves-Foot Pudding.*

Take those which are tenderly boiled and shred them small with Beef-Suet, then put to four Feet one quart of Cream and eight Eggs well beaten, a little Salt, some Rose-water and Sugar, some beaten Spice, and one pound of Currans; mix all these well together, then boil it or bake it, but if you would Butter it, then do not put in Suet.

284. *To make a Pudding to roast.*

Take a Pint of Cream, scald a little grated Bread in it, then put in three Eggs beaten, a little Flower, Currans, beaten Spice, Suet, Sugar and Salt, with some Beef-Suet finely shred, make it pretty stiff, and wrap it in a Lambs Caul, and roast it on a Spit with a Loin of Lamb, if you please, you may put in a little Rosewater.

285. *To make Cream of divers things.*

Take a Quart of Cream and boil it a while, then put in eight yolks of Eggs, and six Whites well beaten, put them in over the Fire, and stir them lest they turn, then

when it is almoſt enough, put in ſome Candied Eringo Root, Orange or Limon Pill Candied, and cut thin, preſerved Plums, without the Stones, Quince, Pippin, Cherries, or the like; if you do not like it ſo thick, put fewer Eggs into it.

286. *To make Cream of Artichoke Bottoms.*

Take a Quart of Cream and boil it with a little whole Mace a while; then have your Artichoke Bottoms boiled very tender, and bruiſe them well in a Mortar, then put them into the Cream, and boil them a while, then put in ſo many yolks of Eggs as you think fit, and ſweeten it to your taſte; when you think it is enough, pour it out, and ſerve it in cold.

287. *To pickle Barberries.*

Take your Barberries and pick out the faireſt Bunches of them, then take the Refuſe, and with ſome Water and Salt, ſo ſtrong as will bear an Egg; boil them together for half an hour or more, then lay your fair Bunches into a Pot, and when the Liquor is cold, pour it over them.

288. *To pickle French Beans.*

Take them before they be too old, and boil them tender, then put them into a pickle made with Vinegar and Salt, and so keep them; it is a very good and pleasant Sallad.

289. *To pickle Oysters.*

Take your great Oysters, and in opening them save the Liquor, then strain it from dross, add to it some White Wine, and White Wine Vinegar, and a little Salt, and so let them boil together a while, putting in whole Mace, whole Cloves, whole Pepper, sliced Ginger, and quartered Nutmegs, with a few Bay leaves; when the Liquor is boiled almost enough, put in your Oysters and plump them, then lay them out to cool, then put them into a Gally-pot or Barrel, and when the Liquor is cool, pour it over them, and keep them from the Air.

290. *To make the best sort of Mustard.*

Dry your Seed very well, then beat it by little and little at a time in a Mortar, and sift it, then put the Powder into a Gally-pot, and wet it with Vinegar very well, then put in a whole Onion, pilled but not

cut a little Pepper beaten, a little Salt, and a lump of ſtone Sugar.

291. *Another ſort of Muſtard.*

Dry your Horſe-Radiſh Roots in an Oven very dry, then beat them to Powder and ſift them, and when you would uſe any, wet it with Wine Vinegar, and ſo it will rather be better than the other.

292. *To keep boiled powdered Beef long after it is boiled.*

When your Beef is well powdered, and boiled thoroughly, and quite cold, wrap it up cloſe in a Linnen cloth, and then a Woollen one, and ſo keep it in a Cheſt or Box from the Air.

293. *To make Clouted Cream.*

Take three Gallons of new Milk, ſet it on the fire, and boil it, then put in two Quarts of Cream, and ſtir it about for a while over the fire, then pour it out into ſeveral pans, and cover it till the next morning, then take it off carefully with a Skimmer, and put it all into one diſh one upon

upon another, then eat it with Wine and Sugar.

294. *An excellent Damask Powder.*

Take of Orrice half a Pound, Rose leaves four Ounces, Cloves one Ounce, *Lignum Rhodium* two Ounces, *Storax* one Ounce and an half, *Benjamin* one Ounce and an half, Musk and Civet of each ten Grains, beat them altogether grosly, save the Rose leaves you must put in afterwards. This is a very fine Powder to lay among Linnen.

The End of the First Part.

THE

SECOND PART

OF

The Queen-like Closet:

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Shewing,

The true SEASONING of all Things for Compleat TABLES:

Also,

All Kinds of SAUCES & PICKLES, in a very brevious way.

Here is to be noted, that in divers of these Receipts there are Directions for two or three several Things in one, not confounding the Brains with multitudes of Words, to little or no purpose, or vain Expressions of things which are altogether unknown to the Learned as well as to the Ignorant: This is really imparted for the good of all the FEMALE SEX.

By *Hannah Wolly*, alias *Chaloner*.

London, Printed for *R. Lowndes*, 1674.

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Here to be noted, that in divers of these Receipts there are Directions for two or three several Things in one, not confounding the Brains with multitudes of Words, to little or no purpose, or vain Expressions of things which are altogether unknown to the Learned as well as to the Ignorant: This is really imparted for the good of all the FEMALE SEX.

By *Hannah Wolly*, alias *Chalmer*.

Printed for R. Lowndes, 1679.

THE Queen-like CLOSET, OR Rich Cabinet.

The SECOND PART.

1. *To make Elder Vinegar, and to colour it.*

TAke of your beſt white Wine Vinegar, and put ſuch a quantity of ripe Elder-Berries into it as you ſhall think fit, in a wide mouth'd Glaſs, ſtop it cloſe, and ſet it in the Sun for about ten days, then pour it out gently into another Glaſs, and keep it for your uſe; thus

thus you may make Vinegar of Red Roses, Cowslips, Gilliflowers, or the like.

2. *To make Metheglin, either Brown or White, but White is best.*

Take what quantity you please of Spring-Water, and make it so strong with Honey that it will bear an Egg, then boil it very well, till a good part be wasted, and put in to it boiling a good quantity of whole Spice, Rosemary, Balm, and other cordial and pleasant Herbs or Flowers.

When it is very well boiled, set it to cool, it being strained from the Herbs, and the Bag of Spices taken out;

When it is almost cold, put in a little Yest, and beat it well, then put it into Vessels when it is quite cold, and also the Bag of Spice, and when it hath stood a few days, bottle it up; if you would have it red, you must put the Honey to strong Ale Wort in stead of Water.

3. To

3. *To make Collar'd Beef.*

Take a good Flank of Beef, and lay it in Pump water and Salt, or rather Salt-peter, one day and one night, then take Pepper, Mace, Nutmegs, Ginger, and Cloves, with a little of the Herb called Tarragon, beat your Spice, shred your Tarragon, and mingle these with some Suet beaten small, and strew upon your Beef, and so rowl it up, and tie it hard, and bake it in a pot with Claret Wine and Butter, let the pot be covered close, and something in the pot to keep the Meat down in the Liquor that it may not scorch, set it into the Oven with Houshold bread, and when it is baked, take it out, and let it cool, then hang it up one night in the Chimney before you eat it, and so as long as you please.

Serve it in with Bay Leaves, and eat it with Mustard and Sugar.

4. *To make Almond Puddings with French Rolls or Naples Biskets.*

Take a Quart of Cream, boil it with whole Spice, then take it from the Fire, and put in three Naples Biskets, or one Penny French Roll sliced thin, and cover it up to scald;

ſcald; when it is cold, put in four Ounces of ſweet Almonds blanched, and beaten with Roſewater, the Yolks of eight Eggs, and a little Marrow, with as much Sugar as you think fit, and a little Salt; you may boil it, or bake it, or put it into Skins; if it be boiled or baked, put Sugar on it when you ſerve it in.

5. *To make Barley Cream.*

Take two Ounces of French Barley, and boil it in ſeveral Waters, then take a quart of Cream, and boil it with whole Spice, put in your Barley, and boil them together very well,

Then put in the Yolks of ſix Eggs well beaten, and as much Sugar as you think fit, ſtir them well over the fire, then pour it out, and when it is cold ſerve it in; thus you may make Rice-Cream, only do not boil that, but a very little in Milk, before you put it into the Cream.

6. *To make Cheese-Cakes.*

Take four Gallons of new Milk, set it with a little Runnet, and when it is come, break it gently, and whey it very well, then take some Manchet, first scalded well in new Milk, let the Milk be thick with it, and while it is hot, put in a quarter of a pound of fresh Butter, and stir it in, when it is cold, mix that and your curd together very well, then put in one pound and half of plumped Currans, some beaten Spice, a very little Salt, Rosewater, and the yolks of eight Eggs, half a Pint of Cream, and a little Sugar, mix them well together, then make some Paste, with Flower, Butter, the yolk of an Egg and fair water, and roul it out thin, and so bake them in bake-pans, and do not let them stand too long in the Oven.

7. *Another way for Cheese-cakes.*

Take the Curd of four Gallons of new Milk, and put thereto half a pound of Almonds blanched and beaten fine with Rosewater, then put in one Pint of Raw Cream, the yolks of ten Eggs, some beaten Spice,

a

a little Salt, one pound and half of plumped Currans, a little Rosewater, and some Sugar, and so mix them very well, and put them into your Crust and bake them.

8. *Another way for Cheese-cakes.*

Take the Curd of four Gallons of new Milk, beat it well in a Mortar with half a pound of fresh Butter, and then season it as you do the other above-named.

9. *Another way for Cheese-cakes.*

Take the same quantity of Curd, and mix it with half a Pound of Rice boiled tender in Milk, one quarter of a pound of fresh Butter, the yolks of eight Eggs, one Pint of Cream, beaten Spice, two pounds of Currans first plumped, Rosewater and Sugar, and a little Salt, and so bake them, not too much.

10. *To make a fresh Cheese.*

Take some very tender Cheese-Curd, stamp it very well in a Mortar with a little Rosewater, wherein whole Spice hath been steeped, then let it stand in a little Cul-

lender

lender about half an hour, then turn it out into your Dish, and serve it to the Table with Cream, Wine, and Sugar.

11. *Another way for a fresh Cheese.*

Take a quart of Cream, and boil in it whole Spice, then stir in the yolks of eight Eggs, and four whites well beaten, and when they are hot, put in so much Sack as will give it a good taste, then stir it over the Fire till it runneth on a Curd, then beat it in a Mortar as the other, and serve it to the Table with Cream and Sugar.

12. *To make Oatmeal Pudding.*

Take Oatmeal beaten fine, put to it some Cream, beaten Spice, Rosewater and Sugar, some Currans, some Marrow, or Beef Suet shred fine, and a little Salt, then Butter your pan and bake it.

13. *Puddings in Balls to stew or to fry.*

Take part of a Leg of Veal, parboil it, and shred it fine with some Beef Suet, then take some Cream, Currans, Spice, Rosewater,

ter, Sugar, and a little Salt, a little grated Bread, and one handful of Flower, and with the yolks of Eggs make them in Balls, and ſtew them between two Diſhes, with Wine and Butter, or you may make ſome of them in the ſhape of Sauſages, and fry them in Butter, ſo ſerve them to the Table with Sugar ſtrewed over them.

14. *To boil Pigeons.*

Take your largeſt Pigeons and cut them in halves, waſh them and dry them, then boil a little water and Salt, with ſome whole Spice, and a little Faggot of ſweet Herbs, then put in your Pigeons and boil them, and when they are enough, take ſome boiled Parſley ſhred ſmall, ſome ſweet Butter, Claret Wine, and an Anchovy, heat them together, then put in the yolks of Eggs, and make it thick over the Fire, then put in your Pigeons into a Diſh, garniſhed with pickled Barberries and raw Parſley, and ſo pour over them your Sawce, and ſerve it to the Table.

15. *To*

15. *To make an Apple Tanſie.*

Take a Quart of Cream, one Manchet grated, the yolks of ten Eggs, and four Whites, a little Salt, ſome Sugar, and a little Spice, then cut your Apples in round thin ſlices, and lay them into your Frying-Pan in order, your Batter being hot, when your Apples are fried, pour in your Butter, and fry it on the one ſide, then turn it on a Pie-Plate, and ſlide it into the Pan again, and fry it, then put it on a Pie Plate, and ſqueez the Juice of a Limon over it, and ſtrew on fine Sugar, and ſerve it to the Table.

16. *To make a green Tanſie to fry, or boil over a Pot.*

Take a quart of Cream, the yolks of one dozen of Eggs and half, their Whites well beat, mix them together, and put in one Nutmeg grated, then colour it well with the Juice of Spinage, and ſweeten it with Sugar, then fry it with Butter as you do the other, and ſerve it in the ſame manner; but you muſt lay thin ſlices of Limon upon this.

If you will not fry it, then butter a Diſh, and pour it therein, and ſet it upon a Pot

of

of boiling water till it be enough; this is the better and easier way.

Thus you may make Tansies of any other things, as Cowslips, Rasberries, Violets, Marigolds, Gilliflowers, or any such like, and colour them with their Juice; you may use green Wheat instead of Spinage.

17. *To make an Amulet.*

Take twelve Eggs, beat them and strain them, put to them three or four spoonfuls of Cream, then put in a little Salt, and having your frying-pan ready with some Butter very hot, pour it in, and when you have fryed it a little, turn over both the sides into the middle, then turn it on the other side, and when it is fryed, serve it to the table with Verjuice, Butter and Sugar.

18. *To make a Chicken-Pie.*

Make your Paste with cold Cream, Flower, Butter and the yolk of an Egg, roul it very thin, and lay it in your Baking-pan, then lay Butter in the Bottom.

Then lay in your Chickens cut in quarters with some whole Mace, and Nutmeg sliced, with some Marrow, hard Lettice, Eryngo Root, and Citron Pill, with a few Dates stoned and sliced:

Then

Then lay good store of Butter, Close up your Pie and bake it:

Then Cut it open, and put in some Wine, Butter and Sugar, with the Yolks of two or three Eggs well beaten together over the fire, till it be thick, so serve it to the Table, and garnish your Dish with some pretty Conceits made in Paste.

19. *To make a Collar of Brawn of a Breast of Pork.*

Take a large Breast of Pork, and bone it, then roul it up, and tie it hard with a Tape, then boil it in water and Salt till it be very tender, then make Souce drink for it with small Beer, Water and Salt, and keep it in it:

Serve it to the Table with a Rosemary Branch in the middle of it, and eat it with Mustard.

20. *To souce Veal to eat like Sturgeon.*

Take what part of Veal you like best, and boil it with water and salt, and a bundle of sweet herbs, and a little Limon Pill, when it is boiled enough, put into your Liquor so much Vinegar as will make it tast sharp, and

a Limon sliced, and when it is cold, put in your Veal, and when it hath lain four or five days, serve it to the Table with Fennel, and eat it with some Vinegar; you must tie it up as you do Brawn.

21. *To make a Pasty of a Breast of Veal.*

Take half a Peck of fine Flower, and two pounds of Butter broken into little bits, one Egg, a little Salt, and as much cold Cream, or Milk as will make it into a Paste; when you have framed your Pasty, lay in your Breast of Veal boned, and seasoned with a little Pepper and Salt, but first you must lay in Butter.

When your Veal is laid in, then put in some large Mace, and a Limon sliced thin, Rind and all, then cover it well with Butter, close it and bake it, and when you serve it in, cut it up while it is very hot, put in some white Wine, Sugar, the Yolks of Eggs, and Butter being first heated over the Fire together; this is very excellent meat.

22. *To make a Pigeon-Pie.*

Make your Paste as for the Pasty, roul it thin, and lay it into your baking-pan, then

then lay in Butter, then mix Pepper and Salt and Butter together, and fill the bellies of your Pigeons, then lay them in, and put in some large Mace, and little thin slices of Bacon, then cover them with Butter, and close your Pie, and bake it not too much.

23. *To boil a Capon or Hen with Oysters.*

Take either of them, and fill the Belly of it with Oysters, and truss it, then boil it in white Wine, Water, the Liquor of the Oysters, a Blade or two of Mace, a little Pepper whole, and a little Salt; when it is boiled enough, take the Oysters out of the belly, and put them into a Dish, then take some Butter, and some of the Liquor it was boiled in, and two Anchoves with the yolks of Eggs well beaten, heat these together over the fire, and then put your Oysters into it; then garnish your Dish with Limon sliced thin, and some of the Oysters, also some pickled barberries and raw Parsly, then lay your Capon or Hen in the middle of it, and pour the sauce upon the Breast of it, then lay on sliced Limon and serve it in.

24. *To make an Olio.*

First lay in your Dish a Fricasy made of a Calves-head, with Oysters and Anchovies in it, then lay Marrow-bones round the Dish, within them lay Pigeons boiled round the Dish, and thin slices of Bacon, lay in the middle upon your Fricasy a powdred Goose boiled, then lay some sweet-breads of Veal fryed, and balls of Sawsage-meat here and there, with some Scotch Collops of Veal or of Mutton: Garnish your Dish with Limon or Orange and some toasts for the Marrow, so serve it in.

25. *To make Cracknels.*

Take half a Pound of fine Flower, and as much fine Sugar, a few Coriander seeds bruised, and some Butter rubbed into the Flower, wet it with Eggs, Rosewater and Cream, make it into a Paste, and rowl it in thin Cakes, then prick them and bake them; then wash them over with Egg and a little Rosewater, then dry them again in the Oven to make them crisp.

26. *To make good Sauce for a boiled Leg of Mutton.*

Take the best Prunes and stew them well with white Wine or Claret, and some whole Spice, then strain them into a Dish and set it over a Chafingdish of Coals, put to it a little grated Bread, juice of Limon and a little salt, then lay your Mutton in a Dish, being well boiled with water and salt, pour your sauce to it:

Garnish your Dish with Limon, Barberries, Parsly, and so serve it in.

27. *To roast Pork without the Skin.*

Take any joint of small Pork, not salted and lay it to the fire till the Skin may be taken off, then take it from the fire and take off the Skin, then stick it with Rosemary and Cloves, and lay it to the fire again, then salt it and roast it carefully, then make Sauce for it with Claret Wine, white bread sliced thin, a little water, and some beaten Cinamon; boil these well together, then put in some Salt, a little Butter, Vinegar, or Juice of Limon, and a little Sugar, when your Pork is rosted enough, then flower it,

and lay it into a Dish with the Sauce, and serve it in.

28. *To roste a Pig like Lamb.*

Take a Pig cut it in quarters, and trus it like quarters of Lamb, then spit it, and roste it till you may take off the Skin, then take the Spit from the fire, and take the Skin clean off, then draw it with Parsly, and lay it to the fire, baste it with Butter, and when it is enough, flower it and serve it to the Table with Butter, the Juice of Orange, and gross Pepper, and a little Salt.

29. *To make Codling Cream.*

Take fair Codling Apples, and when you have scald them very well, peel them, and put them into warm water over a few Embers covered close till they are very green, then take a quart of Cream and boil it with a blade of Mace, and then bruise six of your Codlings very well, and when your Cream is almost cold, put in your Codlings, and stir them very well over a slow fire for fear they turn, then put in the yolks of Eggs well beaten, and what Sugar you think fit, and let it be upon the fire, stirring it till you think it be enough, then serve it in cold.

30. *A very dainty Summer Dish.*

Set a little morning Milk with Runnet, as for a Cheese, when it is come, slice it out with a thin Slice, and lay it into a Dish you mean to serve it in, and put to it a little raw Cream, what Wine you please, and some Sugar, and so eat it.

31. *To Butter Lobsters, Crabs or Crayfish.*

Take out their Meat and Mince it small, and set it over a Chafingdish of Coals with a little white Wine, a little Salt, and a blade of Mace, and when it is very hot, put in some Butter and some Crums of white bread, then warm the shells against the fire, and fill them again with their Meat, and so serve them in.

You may do shrimps or Prawns thus, only you must not put them into their shells, again, but garnish your dish with them.

32. *To make a very good Cheese.*

Take a Pail full of Morning Milk and Stroakings, and set it together with two

spoonfuls of Runnet, and cover it; when it is come, put it into the Wheying-Cloth gently, and break it as little as you can; when the Whey is run clean from it, put it into the Vat, and turn it in the Evening, next morning take it out and salt it a little, and turn it twice a day upon a clean Board, and when it is a week old, lay it into some Nettles, and that will mellow it.

Before you set your Milk, you may if you please, colour it with the juice of Marigolds, Spinage or Sage.

33. *To boil a Rump of Beef.*

Take a Rump of Beef a little salted, and boil it in as much Water, as will cover it, and boil a Net full of hard Lettice with it, and when it is boiled, take your hard Lettice, some Wine, either White or Claret, some Gravie, some Butter and some Nutmeg, and warm them together; then Dish your Meat, and pour your Sauce over it, and garnish your Dish with Parsley.

34. *To make Fritters of Liver or of any other Meat.*

Take your Liver, Capon or Veal, par-boil it, mince it small, and then put to it some Cream, Eggs, Spice and Salt, and make it pretty thick, and so fry them; you may add a little Flower if you will, serve them in with beaten Spice and Sugar strewed over them.

35. *To make an Almond Pudding to be baked and Iced over.*

Take a pound of Almonds blanched and beaten with Rosewater, the Yolks and Whites of twelve Eggs well beaten and strained, then put in Sugar, beaten Spice and Marrow, with a little Salt, not in too hot an Oven; let this be baked; when it is baked, stick it full of blanched Almonds, and Ice it over with Sugar, Rosewater, and the White of an Egg beaten together, then set it into the Oven again, that the Ice may rise and dry, then serve it to the Table with fine Sugar strewed upon the brims of the Dish.

36. *To souce a Pig in Collars.*

Take the two sides of a large fat Pig and bone them, then take Sage, Salt and grated Nutmeg, a good quantity, and strew all over the sides of them, then roul them up hard, and tie them well with a Tape, then boil them, and also the Head very well in Salt and Water till they be tender; then take them out of the Liquor, and lay them to cool, then put some Vinegar and a Limon sliced into your Liquor, and heat it again, and when it is cold, put in your Collars and Head, and when they have lain a week, serve them to the Table with Mustard.

37. *To bake Venison or Mutton to keep six or eight Months.*

Take a haunch of Venison, or for want of it, take a large Leg of Mutton, bone it, and stuff it well with gross Pepper, Cloves, Mace and Nutmeg mingled with Salt, then rub it all over with the like, then put it into a Pot with good store of Butter, and bake it with Houshold Bread, and let it be pasted over:

Then pour out all the Liquor, and when it

it is cold, take only the Fat, and some more Butter, and melt them together in a Stone-Pot set into a Kettle of boiling water, then pour it into the Pot to your Venison or Mutton, and so keep it, slice it out, and serve it to the Table with Mustard and Sugar, and garnish it with Bay Leaves.

38. *To pot Pigeons, or wild Fowl, or a Goose or Rabbits.*

Take either of these, and fill their bellies with the before named Spices and Salt and Butter, and rub them over with the same, then do just as you do the Venison.

39. *To boil a large Pike and Eels together.*

Take a large Pike, and gut him and wash him, and be sure to save what is good within him, then take two great Eels and scowr them well, throw away their Heads, gut them, and wash them well, and cut them in pieces, then boil some white Wine and Water, Salt and sweet Herbs together, with some whole Spice, and when it boils apace, put in your Fish, and when it is enough, take some of the Liquor, two Anchovies,

some

ſome Butter and ſome Shrimps taken out of their Shells, and heat all theſe together, then put in the yolks of two or three Eggs, and heat all together, then lay ſome Sippets of French Bread into your Diſh, and ſet over a Chafingdiſh of Coals, and lay your Fiſh in order upon them, then pour your Sawce all over it, and garniſh your Diſh with Shrimps, Barberries and raw Parſley, ſo ſerve it to the Table very hot.

40. *To roſte Eels with Bacon.*

Take great Eels and ſcour them well, and throw away the Heads, gut them, and cut them in pieces, then cut ſome fat Bacon very thin, and wrap them in it, and ſome Bay Leaves, and ſo tie them faſt to the Spit, and roſte them, and baſte them well with Claret Wine and Butter, and when they are enough dredge them over with grated bread, and ſerve them in with Wine, Butter, and Anchovies; Garniſh your Diſh as you pleaſe.

41. *To make a Pie with Eels and Oiſters.*

Make your Paſte, and roul it thin, and lay it into your baking Pan, then take great Eels

Eels and flay them, and gut them, cut them in pieces, and wash them, and dry them, then lay some Butter into your Pie, and season your Eels with Pepper, Salt, Nutmeg, Cloves and Mace, and lay them in, then cover them all over with great Oisters, and put in three or four Bay Leaves, then put in more of your beaten Spices and Salt, then cover them well with Butter, and put in two or three Spoonfuls of white Wine, so close it and bake it, then serve it in hot to the Table.

42. *To make a Pie with Parsneps and Oisters very good.*

Take your Parsneps tenderly boiled, and slice them thin; then having your Paste ready laid in your baking-pan, put in good store of Butter, then lay in a Lay of Parsneps, and some large Mace, and Pepper cracked, then some Oisters and Yolks of Eggs hard boiled, then more Spice and butter, then more Parsneps, then more Oisters, then more hard Eggs, more Spice, and cover it well, and bake it, and serve it in hot.

43. *To dreſs Artichoke Suckers.*

Take your Suckers of Artichokes, and pare them as you would an apple, and caſt them into water to keep their Colour; and to take away the bitterneſs of them, put alſo to them the meat which is in the ſtalks of great Artichokes, then boil Water and Salt together, and when it is boiling apace, put in your Suckers and Stalks tied up in a thin Cloth with a blade or two of Mace, and when they are enough, melt ſome Butter and Vinegar together very thick and hot, and a little Pepper with it, then lay them in a Diſh, and pour the Sauce over them, ſtrew on a little Salt, and about the Diſhes, and ſo ſerve it in.

44. *To boil Cucumbers.*

Take your largeſt Cucumbers, and waſh them and put them into boiling water made quick with Salt, then when they are boiled enough, take up them and peel them and break them into a Cullender, and when the Water is well drained from them, put them into a hot Diſh, and pour over them ſome Butter and Vinegar a little Pepper and Salt,

ſtrew

ſtrew Salt on your Diſh brims, lay ſome of the Rind of them about the Diſh cut in ſeveral Fancies, and ſo ſerve them to the Table.

45. *To make ſeveral Sallads, and all very good.*

Take either of the ſtalks of Mallows, or Turnip ſtalks when they run to ſeed, or ſtalks of the herb Mercury with the ſeedy head, either of theſe while they are tender, put into boiling Water and Salt, and boiled tender, and then Butter and Vinegar over them.

46. *To make a Sallad of Burdock, good for the Stone, another of the tender Stalks of Sow-thiſtles.*

Take the inſide of the Stalks of Burdock, and cut them in thin ſlices, and lay them in water one whole day, ſhifting them ſome times, then boil them, and butter them as you do the forenamed.

Alſo the tender Stalks of Sow-thiſtles done in like manner, are very good and wholſome.

47. *To make a Tart of Spinage.*

Take a good quantity of green Spinage, boil it in water and salt, and drain it well in a Cullender, then put to it plumped Currans, Nutmeg, Salt, Sugar and Butter, with a little Cream, and the Yolks of hard Eggs beaten fine, then having your Paste ready laid in your baking-pan, lay in a little butter, and then your Spinage, and then a little Butter again; so close it, and bake it, and serve it to the Table hot, with Sugar strewed over it.

48. *Artichoke Cream.*

Take the tender bottoms of Artichokes, and beat them in a Mortar, and pick out all the strings, then boil a quart of Cream with large Mace and Nutmeg, then put in your bottoms, and when they have boiled a while, put in the yolks of six Eggs well beaten, and so much Sugar as you think fit, and heat them together over the fire, then pour it into a Dish, and when it is cold serve it in with Sugar strewed over it.

49. *To make very fine Rolls for Noble Tables.*

Take half a Peck of fine Flower, the yolks of 4 Eggs and a little Salt, with a Pint of Ale yeſt, mix them together, and make them into a Paſte with warm Milk and a little Sack, then mould it well, and put it into a warm Cloth to riſe, when your Oven is hot, mould it again, and make it into little Rolls, and bake them, then raſp them, and put them into the Oven again for a while, and they will eat very criſp and fine.

50. *To make ſhort Rolls.*

Take half a peck of fine Flower, and break into it one pound and half of freſh Butter very ſmall, then bruiſed Coriander ſeeds, and beaten Spice with a very little Salt and ſome Sugar, and a Pint of Ale-yeſt, mix them well together, and make them into a Paſte with warm Milk and Sack:

Then lay it into a warm Cloth to riſe, and when your Oven is hot, make it into Rolls, and prick them, and bake them, and when they are baked, draw them and cover

ver them till they be cold; theſe alſo eat very finely, if you butter ſome of them while they are hot.

51. *To dreſs Soals a fine way.*

Take one pair of your largeſt Soals, and flay them on both ſides, then fry them in ſweet Suet tried up with Spice, Bay leaves, and Salt, then lay them into a Diſh, and put into them ſome Butter, Claret Wine and two Anchovies, cover them with another Diſh, and ſet them over a Chafingdiſh of Coals, and let them ſtew a while, then ſerve them to the Table, garniſh your Diſh with Orange or Limon, and ſqueeze ſome over them.

52. *To ſtew Fiſh in the Oven.*

Take Soals, Whitings or Flounders, and put them into a Stew-pan with ſo much water as will cover them, with a little Spice and Salt, a little white Wine or Claret, ſome Butter, two Anchovies, and a bundle of ſweet herbs, cover them and ſet them into an Oven not too hot; when they are enough, ſerve them in; Garniſh your Diſh wherein they lie with Barberries, raw Parſley,

ley, and slices of Limon, and lay Sippets in the bottom.

53. *To bake Collops of Bacon and Eggs.*

Take a Dish and lay a Pie-plate therein; then lay in your Collops of Bacon, and break your Eggs upon them.

Then lay on Parsley, and set them into an Oven not too hot, and they will be rather better than fried.

54. *To make Furmity.*

Take some new Milk or Cream, and boil it with whole Spice, then put in your Wheat or Pearl Barley boiled very tender in several Waters, when it hath boiled a while, thicken it with the yolks of Eggs well beaten, and sweeten it with Sugar, then serve it in with fine Sugar on the Brims of the Dish.

55. *To*

55. *To make Barley Broth.*

Take French Barley boiled in several waters, and to a Pound of it put three quarts of water, boil them together a while with some whole Spice, then put in as many Raisins of the Sun and Currans as you think fit, when it is well boiled, put in Rosewater, Butter and Sugar, and so eat it.

56. *To make Barley Broth with Meat.*

Take a Knuckle of Veal, and the Crag-end of a Neck of Mutton, and boil them in Water and Salt, then put in some Barley, and whole Spice, and boil them very well together, then put in Raisins stoned, and Currans, and a few Dates stoned and sliced thin, when it is almost enough put in some Cream, and boil it a while, then put in plumped Prunes, and the Yolks of Eggs, Rosewater and Sugar, and a little Sack, so serve it in. Garnish your Dish with some of the Raisins and Prunes and fine Sugar; this is very good and nourishing for sick or weak people.

57. *To make Furmity with Meat-Broth.*

Boil a Leg of Beef in water and salt, and put in a little whole Spice; when it is boiled tender; take it up, and put into the Broth some Wheat ready boiled, such as they sell in the Market, and when that hath boiled a while, put in some Milk, and let that boil a while, then thicken it with a little Flower, or the yolks of Eggs, then sweeten it with Sugar, and eat it.

58. *To make Furmity with Almonds.*

Take three Quarts of Cream, and boil it with whole Spice, then put in some pearled Barley first boiled in several waters, and when they have boiled together a while, then put in so many blanched Almonds beaten fine with Rosewater, as you think may be enough, about four Ounces of Barley to this quantity of Cream will be enough, and four Ounces of Almonds, boil them well together, and sweeten it with Sugar, and so serve it in, or eat it by the way, you may put in Saffron if you please.

59.

59. *To make a hasty Pudding.*

Take one quart of Cream and boil it, then put in two Manchets Grated, and one pound almost of Currans plumped, a little Salt, Nutmeg and Sugar, and a little Rose-water, and so let them boil together, stirring them continually over the fire, till you see the butter arise from the Cream, and then pour it into a Dish and serve it in with fine Sugar strewed on the brims of the Dish.

60. *Another way to make a hasty Pudding.*

Take good new Milk and boil it, then put in Flower, plumped Currans, beaten Spice, Salt and Sugar, and stir it continually till you find it be enough, then serve it in with Butter and Sugar, and a little Wine if you please.

61. *To make Spanish Pap.*

Boil a quart of Cream with a little whole Spice, when it is well boiled, take out the Spice, and thicken it with Rice Flower, and when

when it is well boiled, put in the yolks of Eggs, and Sugar and Rosewater, with a very little Salt, so serve it to the Table either hot or cold, with fine Sugar strewed on the brims of the Dish.

62. *To make Gravie Broth.*

Take a good fleshy piece of Beef, not fat, and lay it down to the fire, and when it begins to roast, slash it with a Knife to let the Gravie run out, and continually baste it with what drops from it and Clarret Wine mixed together, and continually cut it, and baste it till all the Gravie be out, then take this Gravie, and set it over a Chafingdish of Coals with some whole Spice, Limon Pill, and a little Salt, when you think it is enough, lay some Sippets into another Dish, and pour it in, and serve it to the Table; Garnish your Dish with Limon and Orange; if you please you may leave out the Sippets and put in some poach'd Eggs, done carefully.

63. *To*

63. *To make French Pottage.*

Take an equall quantity of Chervil, hard Lettice and Sorrel, or any other Herb as you like beſt, in all as much as a Peck will hold preſſed down, pick them well, and waſh them, and drain them from the water, then put them into a Pot with half a pound of freſh Butter, and ſet them over the fire, and as the Butter melts, ſtir them down in it till they are all within the Butter, then put ſome water in, and a Cruſt of Bread, with ſome whole Cloves and a little Salt, and when it is well boiled, take out the Cruſt of bread, and put in the yolks of four Eggs well beaten, and ſtir them together over the fire, then lay ſome thin ſlices of white bread into a deep Diſh, and pour it in.

64. *To make Cabbage Pottage.*

Take a Leg of Beef and a Neck of Mutton, and boil them well in Water and Salt; then put in good ſtore of Cabbage cut ſmall, and ſome whole Spice, and when it is boiled enough; ſerve it in.

65

65. *To make a Sallad of cold Meat.*

Take the brawn of a cold Capon, or a piece of cold Veal, and mince it very small, with some Limon Pill, then put in some Oyl, Vinegar, Capers, Caviare, and some Anchovies, and mix them very well, then lay it in a Dish in the form of a Star, and serve it in; Garnish your Dish with Anchovies, Limon and Capers.

66. *To dry a Goose.*

Take a fair fat Goose, and powder it about a Month or thereabouts, then hang it up in a Chimney as you do Bacon, and when it is throughly dry, boil it well and serve it to the Table with some Mustard and Sugar; Garnish your Dish with Bay leaves; Hogs Cheeks are very good dried thus.

67. *To dress sheeps Tongues with Oysters.*

Take your Sheeps Tongues about six of them, and boil them in water and salt till they be tender, then peel them, and slice them thin, then put them into a Dish with a

quart of great Oisters; a little Claret wine and some whole Spice, let them stew together a while, then put in some Butter and the yolks of three Eggs well beaten, shake them well togther, then lay some Sippets into a Dish, and put your Tongues upon them; Garnish your Dish with Oisters, Barberries, and raw Parsley, and serve it in.

68. *To make a Neats-tongue Pie.*

Let two small Neats tongues or one great one be tenderly boiled, then peel them and slice them very thin, season them with Pepper and Salt, and Nutmeg; then having your Paste ready laid into your baking-pan, lay some Butter in the bottom, then lay in your Tongues, and one pound of Raisins of the Sun, with a very little Sugar, then lay in more butter, so close it and bake it, then cut it up, and put in the yolks of three Eggs, a little Claret Wine and Butter, stir it well together, and lay on the Cover, and serve it; you may add a little Sugar if you please.

69. *A Capon with white Broth.*

Take a large Capon, and draw him, and truſs him, and boil him in water and a little ſalt, with ſome whole Spice:

When you think it is almoſt enough, put in one pound of Currans well waſhed and picked, four Ounces of Dates ſtoned and ſliced thin, and when they have boiled enough, put in half a pound of ſweet Almonds blanched and beaten fine with Roſe-water, ſtrain them in with ſome of the Liquor, then put in ſome Sack and Sugar; then lay ſome thin ſlices of white bread into a deep Diſh, and lay your Capon in the midſt, then pour your Broth over it.

Garniſh your diſh with plumpled Raiſins and Prunes, and ſerve it in.

70. *To make a Calves-Foot Pie.*

Take ſix Calves feet tenderly boiled, and cut them in halves, then make ſome Paſte with fine Flower, Butter, cold Cream and the yolk and white of one Egg, rowl it very thin, and lay it into your baking Pan, then lay ſome butter in the bottom, and then your Calves feet with ſome large Mace, half

a pound of Raisins of the Sun, half a pound of Currans, then lay more butter and close it and bake it, then cut it up, and put in the yolks of three Eggs, some white Wine, Butter and a little Salt, and so serve it to the Table; Garnish your Dish with pretty Conceits made in Paste, and baked a little.

71. *To make an Artichoke Pie.*

Make your Paste as before-named, and roul it thin, and lay it into your Baking-pan.

Then lay in Butter sliced thin, and then your bottoms of Artichokes tenderly boiled, season it with a little Salt, a little grosi Pepper, and some sliced Nutmeg, with a blade or two of Mace and a little Sugar, then lay in some Marrow, Candied Orange and Citron Pill, with some Candied Eringo Roots; then cover it with Butter, and clos it with your Paste, and so Bake it, then cu it up, and put in white Wine, Butter, an the yolks of Eggs and Sugar; cover it again and serve it to the Table.

72. *To make an Oyster Pie.*

Make your Paste as before, and lay it in your Pan, then lay in Butter, and then put in as many great Oysters as will almost fill your Pan, with their Liquor strained, some whole Pepper, Mace and Nútmeg; then lay in Marrow and the Yolks of hard Eggs, so cover them with Butter, close them, and bake your Pie, then put in white Wine, Anchovies, Butter and the Yolks of Eggs; cover it again and serve it to the Table.

73. *To make a Pig-Pie.*

Take a large Pig and slit it in two, and bone it, only the two sides, not the head, then having your Paste ready laid in your Pan, and some Butter in the bottom, lay in your Pig, season it with Pepper, Salt, Nutmeg and Mace, and one handful of Sage shred small and mixed with the Spice and Salt, then lay in more Butter, close it, and bake it.

Serve it in cold with Mustard, and garnish your Dish with Bay-leaves.

If you would eat it hot, you must leave out the Pepper and some of the Salt, and put in store of Currans, and when it comes

out of the Oven, put in some Butter, Vinegar, and Sugar, and so serve it.

74. *To make a Rasberry Tart.*

Take some Puff-paste rolled thin, and lay it into your Baking-Pan, then lay in your Rasberries and cover them with fine Sugar, then close your Tart and bake it; then cut it up, and put in half a Pint of Cream, the yolks of two or three Eggs well beaten, and a little Sugar; then serve it in cold with the Lid off, and Sugar strewed upon the brims of the Dish.

75. *To make a Carp Pie.*

Have your Paste ready laid in your bake-pan, and some Butter in the bottom.

Then take a large Carp, scale him, gut him, and wash him clean, and dry him in a Cloth, then lay him into your Pan with some whole Cloves, Mace, and sliced Nutmeg, with two handfuls of Capers, then put in some White Wine, and mix some Butter with Salt, and lay it over; then close it, and bake it; this is very good to be eaten either hot or cold.

76. *To boil a Goose or Rabbits with Sausages.*

Take a large Goose a little powdered, and boil it very well, or a couple of Rabbits trussed finely; when either of these are almost boiled, put in a Pound of Sausages, and boil them with them, then lay either of these into a Dish, and the Sausages here and there one, with some thin Collops of Bacon fryed, then make for Sance, Mustard and Butter, and so serve it in.

77. *To make a Fricasie of Veal, Chicken, or Rabbits, or of any thing else.*

Take either of these and cut them into small pieces, then put them into a Frying pan with so much water as will cover them, with a little Salt, whole Spice, Limon Pill, and a bundle of sweet Herbs, let them boil together till the Meat be tender, then put in some Oysters, and when they are plumped, take a little Wine, either White or Claret, and two Anchovies, dissolved therein with some Butter, and put all these to the rest, and when you think your Meat is enough, take it out with a little Skimmer, and put it

into a Dish upon Sippets; then put into your Liquor, the yolks of Eggs well beaten, and mix them over the fire, then pour it all over your Meat; Garnish your Dish with Barberries, and serve it in; this Dish you may make of raw Meat or of cold Meat which hath been left at Meals.

78. *To make Scotch Collops of Veal or Mutton.*

Take your Meat and slice it very thin, and beat it with a rollin-pin, then hack it all over, and on both sides with the back of a Knife, then fry it with a little Gravie of any Meat, then lay your Scotch Collops into a Dish over a Chafingdish of Coals, and dissolve two Anchovies in Claret Wine, and add to it some Butter and the yolks of three Eggs well beaten, heat them together, and pour it over them:

Then lay in some thin Collops of Bacon fryed, some Sausage meat fryed, and the yolks of hard Eggs fryed after they are boiled, because they shall look round and brown, so serve it to the Table.

79. To

79. *To make a Pudding of a Manchet.*

Take a Manchet, put it into a Posnet, and fill the Posnet up with Cream, then put in Sugar and whole Spice, and let it boil leisurely till all the Cream be wasted away, then put it into a Dish, and take some Rose-water, and Butter and Sugar, and pour over it, so serve it in with fine Sugar strewed all over it.

Your Manchet must be chipped before you put it into the Cream.

80. *To make a Calves head Pie.*

Make your Paste, and lay it into your Pan as before, then lay in Butter, and then your Calves Head, being tenderly boiled, and cut in little thin bits, and seasoned with Pepper, Salt and Nutmeg, then put in some Oysters, Anchovies and Claret Wine, with some yolks of hard Eggs and Marrow, then cover it with Butter, and close it and bake it; when it is baked, eat it hot.

81. *To dry Tongues.*

Take some Pump water and Bay salt, or rather refined Salt-peter, which is better; make a strong Brine therewith, and when the Salt is well melted in it, put in your Tongues, and let them lie one Week, then put them into a new Brine, made in the same manner, and in that let them lie a week longer, then take them out, and dry-salt them with Bay-Salt beaten small, till they are as hard as may be, then hang them in the Chimney where you burn Wood, till they are very dry, and you may keep them as long as you please; when you would eat of them, boil them with in the Pot as well as Water, for that will make them look black, and eat tender, and look red within; when they are cold, serve them in with Mustard and Sugar.

82. *To make Angelot Cheese.*

Take some new Milk and strokings together, the quantity of a Pail-full, put some Runnet into it, and stir it well about, and cover it till your Cheese be come, then have ready narrow deep Moats open at both ends

ends, and with your flitting Dish fill your Moats as they stand upon a board, without breaking or wheying the Cheese, and as they sink, still fill them up, and when you see you can turn them, which will be about the next day, keep them with due turning twice in a day, and dry them carefully, and when they are half a year old, they will be fit to be eat.

83. *To make a Hare Pie.*

Take the flesh of a very large Hare, and beat it in a Mortar with as much Marrow or Beef Suet as the Hare contains, then put in Pepper, Salt, Nutmeg, Cloves and Mace, as much as you judge to be fit, and beat it again till you find they be well mixed, then having your Paste ready in your Baking pan, lay in some Butter, and then your Meat, and then Butter again; so close it, and Bake it, and when it is cold, serve it in with Mustard and Sugar, and garnish your Dish with Bay leaves; this will keep much longer than any other Pie.

84.

84. *To roſt a Shoulder of Veniſon or of Mutton in Blood.*

Take the Blood of either the Deer or the Sheep, and ſtrain it, and put therein ſome grated Bread and Salt, and ſome Thyme plucked from the Stalks, then wrap your Meat in it and roſt it, and when you ſee the Blood to be dry upon it, baſte it well with Butter, and make ſauce for it with Claret Wine, Crums of Bread and Sugar, with ſome beaten Cinamon, Salt it a little in the roſting, but not too much; you may ſtick it with Roſemary if you will.

85. *To ſtew a Pig.*

Lay a large Pig to the Fire, and when it is hot, skin it, and cut it into divers pieces, then take ſome white wine and ſtrong broth and ſtew it therein with an Onion or two cut very ſmall, a little Pepper, Salt, Nutmeg, Thyme, and Anchovies, with ſome Elder Vinegar, ſweet Butter and Gravie; when it is enough, lay Sippets of French Bread in your Diſh, and put your Meat thereon.

Garniſh your Diſh with Oranges and Lemons.

86. *To make a Fricasie of Sheeps feet.*

Take your Sheeps feet tenderly boiled, and slit them, and take out the knot of hair within, then put them into a Frying-pan with as much water as will cover them, a little Salt, Nutmeg, a blade of Mace, and a bundle of sweet Herbs, and some plumped Currans; when they are enough, put in some Butter, and shake them well together, then lay Sippets into a Dish, and put them upon them with a Skimmer, then put into your Liquor a little Vinegar, the yolks of two or three Eggs, and heat it over the fire, and pour it over them; Garnish your Dish with Barberries, and serve it to the Table.

87. *To make a Steak-Pie with Puddings in it.*

Lay your Paste ready in your Pan, and lay some Butter in the bottom, then lay a Neck of Mutton cut into steaks thereon, then take some of the best of a Leg of Mutton minced small, with as much Beef Suet as Mutton, season it with beaten Spice and Salt, and a little Wine, Apples shred small, a little Limon Pill, a little Verjuice and Sugar,

gar, then put in some Currans, and when they are well mixed, make it into Balls with the yolks of Eggs, and lay them upon the steaks, then put in some Butter and close your Pie and bake it, and serve it in hot.

88. *To dress Salmon or other Fish by Infusion, a very good way.*

Take a Joul of Salmon, or a Tail, or any other part, or any other Fish which you like, put it into a Pot or Pan, with some Vinegar, Water and Salt, Spice, sweet herbs, and white Wine; when it is enough, lay it into a Dish, and take some of the Liquor with an Anchovie or two, a little Butter, and the yolks of Eggs beaten; heat these over the fire, and poure over your Fish; if you please, you may put in shrimps, but then you must put in the more Butter; Garnish your Dish with some Limon or Orange, and some Shrimps.

89. *To make Loaves to Butter.*

Take the yolks of twelve Eggs, and six whites, a little Yeast, Salt and beaten Ginger, wet some Flower with this, and make it into a Paste, let it lye to rise a while, and then make

make it into Loaves, and prick them, and bake them, then put in white Wine and Butter and Sugar, and serve it in.

90. *To make a Calves Chaldron Pie, and Puddings also of it.*

Take a fat Calves Chaldron boiled tender, and shred it very small, then season it with beaten Spice and Salt:

Then put in a pound of Currans and somewhat more, and as much Sugar as you think fit, and a little Rosewater; then having your Pie ready, fill it with this, and press it down; close it and bake it, then put some Wine into it, and so eat it.

If you will make Puddings of it, you must add a little Cream and grated bread, a little Sack, more Sugar, and the yolks of Eggs, and so you may bake them, or boil, or fry them.

91. *To make Rice-Cream.*

Boil a quart of Cream, then put in two handfuls of Rice-Flower, and a little fine Flower, as much Sugar as is fit, the yolk of an Egg, and some Rose-water.

92. *To make a Pompion-Pie.*

Having your Paſte ready in your Pan, put in your Pompion pared and cut in thin ſlices, then fill up your Pie with ſharp Apples, and a little Pepper, and a little Salt, then cloſe it and bake it, then butter it, and ſerve it in hot to the Table.

93. *To fry Pompion.*

Cut it in thin ſlices when it is pared, and ſteep it in Sack a while, then dip it in Eggs, and fry it in Butter, and put ſome Sack and Butter for Sauce, ſo ſerve it in with Salt about the Diſh brims.

94. *To make Miſers for Children to eat in Afternoons in Summer.*

Take half a Pint of good ſmall Beer, two ſpoonfuls of Sack, the Crum of half a penny Manchet, two handfuls of Currans waſhed clean and dried, and a little of grated Nutmeg, and a little Sugar, ſo give it to them cold.

95. *To fry Toasts.*

Take a two penny white Loaf, and pare away the Crust, and cut thin slices of it, then dip them first in Cream, then in the yolks of Eggs well beaten, and mixed with beaten Cinamon, then fry them in Butter, and serve them in with Verjuice, Butter and Sugar.

96. *To boil or rather stew Carps in their own Blood.*

Take two fair Carps, and scowr them very well from slime with water and a little Salt, then lay them in a Dish and open their bellies, take away their Guts, and save the Blood and Rows in the Dish, then put in a Pint of Claret Wine, some whole Spice, and some Salt, with a little Horse-Radish Root, then cover them close, and let them stew over a Chafingdish of Coals, and when they are enough, lay them into a Dish, which must be rubbed with a Shelot, and sippits laid in, then take a little of the Liquor, and an Anchovie or two, with a little Butter, heat them together, and pour it over them, then garnish your Dish with Capers,

pers, Oranges or Limons, and serve it in very hot.

97. *To make Fritters.*

Take half a Pint of Sack and a Pint of Ale, a little Yest, the yolks of twelve Eggs, and six Whites, with some beaten Spice and a very little salt, make this into thick Butter with fine Flower, then boil your Lard, and dip round thin slices of Apples in this Batter, and fry them, serve them in with beaten Spice and Sugar.

98. *To Pickle Cole-Flowers.*

Take some white wine Vinegar and Salt, with some whole Spice, boil them together very well, then put in your Coleflowers, and cover them, and let them stand upon Embers for one hour, then take them out, and when they are cold, put them into a Pot, and boil the Liquor again with more Vinegar, and when it is cold, put it to them, and keep them close from the Air.

99. *To preserve Orange or Limon Pill in thin slices in Jelly.*

Take the most beautiful and thickest Rinds, and then cut them in halves, and take their Meat clean out, then boil them in several waters till a straw will run through them, then wash them in cold water, and pick them and dry them:

Then take to a Pound of these, one quart of water wherein thin slices of Pippins have been boiled, and that the water feels slippery, take to this water three pounds of Sugar, and make thereof a Syrup, then put in your Pills and scald them, and set them by till the next day, then boil them till you find that the Syrup will jelly, then lay your Pills into your Glasses, and put into your Syrup the Juice of three Oranges and one Limon; then boil it again till it be a stiff Jelly, and put it to them.

100. *To make Cakes of the Pulp of Limons, or rather the Juice of Limons.*

Take out all the juicy part of the Limon without breaking the little skins which hold it, then boil some Sugar to a Candy height, and put in this Juice, and stir it about, and immediately put it into a warm Stove, and put in fire twice or thrice a day; when you see that it doth Candy on the one side, then turn them out of the Glasses with a wet knife on the other upon a sleeked Paper, and then let that candy also, and put them up in a Box with Papers between them.

101. *To make good minced Pies.*

Take one pound and half of Veal parboiled, and as much Suet, shred them very fine, then put in 2 pound of Raisins, 2 pound of Currans, 1 pound of Prunes, 6 Dates some beaten Spice, a few Caraway Seeds, a little Salt, Verjuice, Rosewater and Sugar so fill your Pies, and let them stand one hour in the Oven:

When they go to Table strew on fine Sugar.

102. *To make a Loaf of Curds.*

Take the Curds of three quarts of Milk rubbed together with a little Flower, then put in a little Beaten Ginger, and a little Salt, half a Pint of Yeſt, the yolks of ten Eggs, and three Whites: work theſe into a ſtiff Paſte with ſo much Flower as you ſee fit, then lay it to riſe in a warm Cloth a while, then put in Butter, Sugar, Sack, and ſome beaten Spice, and ſo ſerve it in.

103. *To make Cheeſe Loaves.*

Take the Curds of three quarts of Milk, and as much grated Bread as Curd, the yolks of twelve Eggs, and ſix Whites, ſome Cream, a little Flower, and beaten Spice, a little Salt, and a little Sack; when you have made it in a ſtiff Paſte with a little flower, roul ſome of it thin to fry, and ſerve them in with beaten Spice and Sugar ſtrewed over them.

Then make the reſt into a Loaf, and bake it, then cut it open, and ſerve it in with Cream, Butter and Sugar.

104. *To Fry Oysters.*

Take of your largest Oysters, wash them, and dry them, and beat an Egg or two very well, and dip them in that, and so fry them, then take their Liquor, and put an Anchovy to it, and some Butter, and heat them together over the fire, and having put your fryed Oysters in a Dish, pour the Sawce over them and serve them in.

105. *To Broil Oysters.*

Take your largest Oysters, and put them into Scollop Shells, or into the biggest Oyster shells with their own Liquor, and set them upon a Gridiron over Charcoals, and when you see they be boiled in the Liquor, put in some Butter, a few Crums of Bread, and a little Salt, then let them stand till they are very brown, and serve them to the Table in the Shells upon a Dish and Pie Plate.

106. *To Roast Oysters.*

Take the largest, and spit them upon little long sticks, and tye them to the Spit, the

lay them down to the fire, and when they are dry, baſt them with Claret Wine, and put into your Pan two Anchovies, and two or three Bay-leaves; when you think they are enough, baſt them with Butter, and dredge them, and take a little of that liquor in the Pan, and ſome Butter, and heat it in a Porringer, and pour over them.

107. *To make moſt excellent and delicate Pies.*

Take two Neats tongues tenderly boiled, and peel them, and mince them ſmall with ſome Beef Suet or Marrow, then take a pound of Currans and a pound of Raiſins of the Sun ſtoned, ſome beaten Spice, Roſe-water, a little Salt, a little Sack and Sugar.

Beat all theſe with the minced meat in a Mortar till it come to a perfect Paſte, then having your Paſte ready laid in your baking-Pan, fill it or them with this Meat, then lay on the top ſome ſliced Dates, and ſo cloſe them, and bake them; when they are cold they will cut ſmooth like Marmalade.

108. *To make fine Custards.*

Take two quarts of Cream and boil it well with whole Spice, then put in the yolks of twelve Eggs, and six Whites, well beaten and strained, then put in these Eggs over the fire, and keep them stirring lest they turn, then when they are thoroughly hot, take it off and stir it till it be almost cold, then put in Rosewater and Sugar, and take out the whole Spice, then put your Custard into several things to bake, and do not let them stand too long in the Oven; when you serve them in, strew on small French Comfits of divers colours, or else fine Sugar, which you please.

109. *To make a Stump Pie.*

Take a pound of Veal and as much Suet, parboil your Veal, and shred them together, but not very small, then put in one pound of Raisins, one pound of Currans, four Ounces of Dates stoned and sliced thin, some beaten Spice, Rosewater and Sugar, and a little Salt, then take the yolks of Eggs well beaten, and mix amongst the rest of the things very well, then having your Pi[e] ready

ready, fill it and press it down, then lid it, and bake it.

110. *To make Egg-Pies.*

Take the Yolks of eight hard Eggs, and shred them small with their weight of Beef Suet minced very small also, then put in one pound of Currans, four Ounces of Dates stoned and sliced, some beaten spice, Limon pill, Rosewater and Sugar, and a little Salt, mix them well together, if you please, you may put in an Apple shred small, so fill your Pies and bake them, but not too much, serve them to the Table with a little Wine.

111. *To make hashed Meat.*

Take a Leg or Shoulder of Mutton, lay it down to the fire, and as it doth roast, cut it off in little bits, and let it lie in the Pan, baste it with Claret wine and Butter, and a little Salt, and put two or three Shelots in your Pan, when you have cut off so much as you can, lay the bones into a Dish over a Chafingdish of Coals, and put your Meat to it with the Liquor, and two Anchovies, cover it, and let it stew a while; when it is enough, put in some Capers, and serve it in

with Sippets; Garnish your Dish with Olives and Capers, and Samphire; thus you may do with any cold meat between two Dishes.

112. *To make a Fricasie of Oysters.*

Take a quart of Oysters and put them into a frying-pan with some white Wine and their own Liquor, a little Salt, and some whole Spice, and two or three Bay Leaves, when you think they be enough, lay them in a dish well warmed, then add to their Liquor two Anchovies, some Butter, and the yolks of four Eggs; Garnish your Dish with Barberries.

113. *To make a Fricasie of Eels.*

Take a midling sort of Eels, scour them well, and cut off the heads and throw them away, then gut them, and cut them in pieces, then put them into a Frying-pan with so much white Wine and water as will cover them, then put in whole Spice, a bundle of sweet herbs and a little Salt, let them boil, and when they be very tender, take them up and lay them into a warm Dish, then add to their liquor two Anchovies, some Butter and

and the yolks of Eggs, and pour over them:

Thus you may make Fricasies of Cockles or of Shrimps, or Prawns.

Garnish your Dish with Limon and Barberries.

114. *To make an Eel-Pie.*

Take your largest Eels, and flay them, and cut them in pieces, then having your Pie ready with Butter in the bottom, season your Eels with Pepper, Salt and Nutmeg, then lay them in and cover them with Butter, so close it and bake it, if you please, you may put in some Raisins of the Sun, and some large Mace, it is good hot or cold.

115. *To souce an Eel and Collar it.*

Take a very large fat Eel and scour it well, throw away the head and gut her, and slit her down the back, season her with Pepper, Salt, Nutmeg and Mace, then boil her in white Wine, and Salt and Water, with a bundle of sweet herbs and some Limon Pill, when it is well boiled, take it up and lay it to cool, then put good store of Vinegar in-

to the Liquor, and when it is cold, put in your Eel, and keep it:

You must roul it up in a Collar and tie it hard with a Tape, and sew it up in a Cloth, then put it in to boil; when it hath lain a week, serve it to the Table with a Rosemary Branch in the middle, and Bay Leaves round the Dish sides; eat it with Mustard.

116. *To stew Eels.*

Take them without their heads, flay them and cut them in pieces, then fill a Posnet with them, and set them all on end one by one close to one another, then put in so much White Wine and Water as will cover them, then put in good store of Currans to them, whole Spice, sweet herbs, and a little Salt, cover them and let them stew, and when they are very tender put in some Butter, and so shake them well, and serve them upon Sippets; Garnish your Dish with Orange or Limon and raw Parsley.

117. *To make a Herring Pie.*

Take four of the best pickled Herrings, and skin them, then split them and bone them, then having your Pie in readiness with

Butter

Butter in the bottom, then lay your Herrings in halves into your Pie one lay of them, then put in Raisins, Currans and Nutmeg, and a little Sugar, then lay in more Butter, then more Herrings, Fruit and Spice, and more Butter, and so close it, and bake it; your Herrings must be well watered.

118. *To roast a Pike, and to lard it.*

Take a large Pike, and scale it, gut it, and wash it clean, then lard it on the back with pickled Herring and a Limon Pill, then spit it and lay it down to the fire to roast, baste it often with Claret Wine and Butter, when it is enough, make Sauce for it with Claret Wine and Butter, and serve it in.

119. *To boil fresh Salmon.*

Take a Joll or a Tail of fresh Salmon, then take Vinegar and Water, Salt and whole Spice, and boil them together, then put in your Salmon, and when it is boiled, take some Butter and some of the Liquor with an Anchovie or two, and a little white Wine and a quart of Shrimps out of their Shells, heat these together, and so Dish your Salmon, and pour this over it.

Garnish your Dish with Shrimps and Anchovies, and Slices of Limon.

120. *To boil a Cods Head.*

Boil Wine, Water and Salt together, with whole Spice and sweet herbs, and a little Horse-Radish Root, then put in your Cods head, and boil it very well, then drain it well from the Water, and lay it in a dish over a Chafingdish of Coals:

Then take some of the Liquor and two Anchovies, some Butter and some Shrimps, heat them over the fire, and pour over it, then poach some Eggs and lay over it, and also about the Brims of the Dish; Garnish your Dish with Limon and Barberries, so serve it to the Table very hot:

Thus you may do Haddocks or Whitings, or any other fresh Fish you like best.

121. *To make Olives of Veal.*

Take thin slices of a Leg of Veal, and have ready some Suet finely shred, some Currans, beaten Spice, sweet herbs, and hard yolks of Eggs, and a little salt mixed well together, then strew it upon the insides of your slices of Meat, and roul them up

hard, and make them fast with a scure, so spit them and roste them, baste them with Butter, and serve them in with Vinegar, Butter and Sugar.

122. *To make an Olive Pie.*

Having your Paste in readiness with Butter in the bottom, lay in some of the forenamed Olives, but not fastned with a Scure, then put in Currans, hard Eggs, and sweet Butter, with some herbs shred fine; be sure you cover it well with Butter, and put in a little white Wine and Sugar, and close it, and bake it, eat it hot or cold, but hot is better.

123. *To make a Ball to take Stains out of Linnen, which many times happens by Cooking or preserving.*

Take four Ounces of hard white Sope, beat it in a Mortar, with two small Limons sliced, and as much Roch Allom as a Hazle Nut, when they are beaten well together, make it up in little Balls, rub the stain therewith and then wash it in warm water, till you see it be quite out.

124. *To make a fine Pomander.*

Take two Ounces of Laudanum, of Benjamin and Storax one Ounce, Musk 6 grains, as much of Civet, as much of Ambergreece, of Calamus Aromaticus, and Lignum Aloes, of each the weight of a Groat, beat all these in a hot Mortar and with a hot Pestell, till it come to a perfect Paste, then take a little Gum-Dragon steeped in Rosewater, and rub your hand withal, and make it up with speed, and dry them, but first make them into what shapes you please, and print them.

125. *A very fine washing-Ball.*

Take three Ounces of Orrice, half an Ounce of Cypress-wood, two Ounces of Calamus Aromaticus, one Ounce of Damask Rose leaves, 2 Ounces of Lavender flowers, a quarter of an Ounce of Cloves, beat all these and searce them fine, then take two pounds and an half of Castile Sope dissolved in Rosewater, and beat all these forenamed things with the Sope in a Mortar, and when they are well incorporated, make it into Balls, and keep them in a Box with Cotton as long as you please.

126. *To make French Broth called* Kink.

Take a Leg of Beef and set it over the fire with a good quantity of fair water, when it boils, scum it, and what meat soever you have to dress that day, either of Fowl or small meat, put it all into this Liquor and parboil it, then take out those small meats, and put in some French Barley, and some whole Spice, one Clove or two of Garlick, and a handful of Leeks, and some Salt; when it is boiled enough, pour it from the Barley, and put in a little Saffron, so serve it in; and garnish your Dish with sliced Oranges or Limons, and put a little of the juice therein.

127. *To make Broth of a Lambs Head.*

Boil it with as much water as will cover it, with whole spice, and a little Salt, and a bundle of sweet herbs, then put in strained Oatmeal and bream, and some Currans, when you take it up put in Sack and Sugar, then lay the Head in a Dish, and put the Broth to it, and serve it in.

128. *To season a Chicken-Pie.*

Having your Paste rolled thin, and laid into your baking-pan, lay in some Butter, then lay in your Chickens quartered, and seasoned with Pepper, Nutmeg and a little Salt, then put in Raisins, Currans, and Dates, then lay Butter on the top, close it and bake it, then cut it up, and put in Clouted Cream, Sack and Sugar.

129. *To make an Herb-Pie.*

Take Spinage, hard Lettice, and a few sweet Herbs, pick them, wash them, and shred them, and put them into your Pie with Butter, and Nutmeg and Sugar, and a little Salt, so close it and bake it, then draw it and open it, and put in Clouted Cream, Sack and Sugar, and stir it well together, and serve it in.

130. *To roste Lobsters.*

Take two fair Lobsters alive, wash them clean, and stop the holes as you do to boil, then fasten them to a Spit, the insides together; make a good fire, and strew Salt on them, and that will kill them quickly, bast them with Water and Salt till they be very red, then have ready some Oysters stewed and cut small; put them into a Dish with melted Butter beaten thick with a little water, then take a few Spoonfuls of the Liquor of the stewed Oysters, and dissolve in it two Anchovies, then put it to the melted Butter, then take up your Lobsters, and crack the shells that they may be easie to open.

131. *To make a Pumpion-Pie.*

Take a Pumpion, pare it, and cut it in thin slices, dip it in beaten Eggs and Herbs shred small, and fry it till it be enough, then lay it into a Pie with Butter, Raisins, Currans, Sugar and Sack, and in the bottom some sharp Apples; when it is baked, butter it and serve it in.

132. *To make an Artichoke Pudding.*

Boil a quart of Cream with whole Spice, then put in half a pound of ſweet Almonds blanched, and beaten with Roſewater; when they have boiled well, take it from the fire, and take out the Spice, when it is almoſt cold, put in the yolks of ten Eggs, ſome Marrow and ſome bottoms of Artichokes, then ſweeten it with Sugar, and put in a little Salt, then butter a Diſh, and bake it in it, ſerve it to the Table ſtuck full of blanched Almonds, and fine Sugar ſtrewed over it.

133. *To pickle Sprats like Anchovies.*

Take a Peck of the biggeſt Sprats without their heads. and ſalt them a little over night, then take a Pot or Barrel, and lay in it a Lay of Bay ſalt, and then a lay of Sprats, and a few Bay leaves, then ſalt again; thus do till you have filled the Veſſel, put in a little Limon Pill alſo among your Bay Leaves, then cover the Veſſel and pitch it, that no Air get in, ſet it in a cool Cellar, and once in a week turn it upſide down; in three Months you may eat of them.

134. *To keep Artichokes all the Year.*

Gather your Artichokes with long ſtalks, and then cut off the ſtalks cloſe to them, then boil ſome water with good Pears and Apples ſliced thin, and the Pith of the great ſtalks, and a Quince or two quartered, to give it a reliſh; when theſe have boiled a while, put in your Artichokes, and boil all together till they be tender, then take them up and ſet them to cool, then boil your Liquor well and ſtrain it, when your Artichokes be cold, put them into your Barrel, and when the Liquor is cold, pour it over them, ſo cover it cloſe that no Air get in.

135. *To make Paſty of a Joll of Ling.*

Make your Cruſt with fine Flower, Butter, cold Cream, and two yolks of Eggs:

Roul it thin and lay it in your bake-pan, then take part of a Joll of Ling well boiled, and put it all in Bits, then lay ſome Butter into your Paſty and then the Ling, then ſome grated Nutmeg, ſliced Ginger, Cloves and Mace, Oyſters, Muſcles, Cockles, and Shrimps,

Shrimps, the yolks of raw Eggs, a few Comfits perfumed, Candied Orange Pill, Citron Pill, and Limon Pill, with Eringo Roots:

Then put in white Wine, and good ſtore of Butter, and put on a thick Lid, when it is baked, open it, and let out the ſteam.

136. *To make French Servels.*

Take cold Gammon of Bacon, fat and lean together, cut it ſmall as for Sauſages, ſeaſon it with Pepper, Cloves and Mace, and a little Shelots, knead it into a Paſte with the yolks of Eggs, and fill ſome Bullocks Guts with it, and boil them; but if you would have them to keep, then do not put in Eggs.

When you have filled the Guts, boil them and hang them up, and when you would eat them, ſerve them in thin ſlices with a Sallad.

137 *To make a Pallat Pie.*

Take Oxe Pallats and boil them ſo tender that you may run a ſtraw through them, to three Pallates take ſix Sheeps tongues boiled tender and peeled, three ſweet-Breads of Veal, cut all theſe in thin ſlices, then having your Pie ready, and Butter in the bottom, lay in theſe things, firſt ſeaſoned with Pepper, Salt and Nutmeg, and Thyme and Parſley ſhred ſmall, and as the Seaſon of the year is, put into it Aſparagus, Anchovies, Cheſnuts, or what you pleaſe elſe, as Candied Orange Pill, Limon Pill, or Citron Pill, with Eringo roots, and the Yolks of hard Eggs, ſome Marrow and ſome Oyſters, then lay in good ſtore of Butter on the top, ſo cloſe it and bake it, then put in white Wine, Butter, the yolks of Eggs, and Vinegar and Sugar, heat them together over the fire, and ſerve it in.

138. *To make Sauce for Fowls or Mutton.*

Take Claret Wine, Vinegar, Anchovies, Oysters, Nutmeg, Shelot, Gravie of Mutton or Beef, sweet Butter, Juice of Limon, and a little Salt, and if you please Orange or Limon Pill.

139. *To make Oat-cakes.*

Take fine Flower, and mix it very well with new Ale Yest, and make it very stiff, then make it into little Cakes, and roul them very thin, then lay them on an Iron to bake, or on a baking stone, and make but a slow fire under it, and as they are baking, take them and turn the edges of them round on the Iron, that they may bake also, one quarter of on hour will bake them; a little before you take them up, turn them on the other side, only to flat them; for if you turn them too soon, it will hinder the rising; the Iron or Stone whereon they are baked, must stand at a distance from the fire.

140. *To make a rare Lamb Pie.*

Take a Leg of Lamb, and take the meat clean out of it at the great end, but keep the Skin whole, then press the Meat in a Cloth, and mince it small, and put as much Beef Suet to it as the Meat in weight, and mince it small, then put to it Naples Bisket grated fine, season it with beaten Spice, Rosewater, and a little Salt, then put in some Candied Limon Pill, Orange Pill, and Citron Pill shred small, and some Sugar, then put part of the Meat into the Skin, then having your Pie in readiness, and Butter in the bottom, lay in this Meat, then take the rest of your Meat, and make it into Balls or Puddings with yolks of Eggs, then lay them into the Pie to fill up the Corners, then take Candied Orange, Limon and Citron Pill, cut in long narrow slices and strew over it; you may put in Currans and Dates if you please, then lay on Butter, and close up your Pie and bake it, and leave a Tunnel, when it is baked, put in Sack, Sugar, yolks of Eggs and Butter heat together, if you put in Marrow, it will be the better.

141.

141. *To fry Garden Beans.*

Boil them and blanch them, and fry them in ſweet Butter, with Parſly and ſhred Onions and a little Salt, then melt Butter for the Sauce.

142. *To make a Sorrel Sallad.*

Take a quantity of French Sorrel picked clean and waſhed, boil it with Water and a little Salt, and when it is enough, drain it, and butter it, and put in a little Vinegar and Sugar into it, then garniſh it with hard Eggs and Raiſins.

143. *To make good cold Sallads of ſeveral things.*

Take either Coleflowers, or Carrots, or Parſneps, or Turneps after they are well boiled, and ſerve them in with Oil, Vinegar and Pepper, alſo the roots of red Beets boiled tender are very good in the ſame manner.

144. *To make the beſt ſort of Pippin paſte.*

Take a pound of raw Pippins ſliced and beaten in a Mortar, then take a pound of fine Sugar and boil it to a Candy height with a little fair water, then put in your Pippins, and boil it till it will come from the bottom of the Poſnet, but ſtir it for fear it burn.

145. *To make Sauce for a Leg of Veal roſted.*

Take boiled Currans, and boiled Parſley, and hard Eggs and Butter and Sugar hot together.

146. *To make Sauce for a Leg of Mutton roſted with Cheſnuts.*

Take a good quantity of Cheſnuts, and boil them tender, then take the ſhells off, and bruiſe them ſmall, then put to them Claret Wine, Butter and a little Salt, ſo put into the Diſh to the Meat, and ſerve it in.

147.

147. *To keep Quinces white, either to preserve whole, or for white Marmalade or Paste.*

Coddle them with white Wine and Water, and cover them with sliced Pippins in the Codling.

148. *To make little Pasties with sweet Meats to fry.*

Mak some Paste with cold water, butter and flower, with the yolk of an Egg, then roul it out in little thin Cakes, and lay one spoonfull of any kind of Sweet Meats you like best upon every one, so close them up and fry them with Butter, and serve them in with fine Sugar strewed on.

149. *To boil a Capon on the French Fashion.*

Boil your Capon in water and salt, and a little dusty Oatmeal to make it look white, then take two or three Ladles full of Mutton Broth, a Faggot of sweet Herbs, two or three Dates cut in long pieces, a few parboiled Currans, and a little whole Pepper,

a little Mace and Nutmeg, thicken it with Almonds, season it with Verjuice, Sugar, and a little sweet Butter, then take up your Capon and lard it well with preserved Limon, then lay it in a deep Dish, and pour the broth upon it; then Garnish your Dish with Suckets and preserved Barberries.

150. *To Souce a Pike, Carp or Bream.*

Draw your Fish, but scale it not, and save the Liver of it; wash it very well, then take white Wine, as much water again as Wine, boil them together with whole Spice, Salt, and a bundle of sweet Herbs, and when it boils put in your Fish, and just before it a little Vinegar; for that will make it crisp: when it is enough, take it up and put it into a Trey; then put into the Liquor some whole Pepper, and whole Ginger, and when it is boiled enough, take it off and cool it, and when it is quite cold, put in your Fish, and when you serve it in, lay some of the Jelly about the Dish sides, and some Fennel and Sawcers of Vinegar.

151. *To boil a Gurnet on the French fashion.*

Draw your Gurnet and wash it, boil it in water and salt and a bundle of sweet herbs; when it is enough, take it up and put it into a Dish with Sippets over a Chafingdish of Coals; then take Verjuice, Butter, Nutmeg and Pepper, and the yolks of two Eggs, heat it together, and pour over it; Garnish your Dish as you please.

152. *To roast a Leg of Mutton on the French fashion.*

Take a Leg of Mutton, and pare off all the Skin as thin as you can, then lard it with sweet Lard, and stick it with Cloves, when it is half rosted, cut off three or four thin pieces, and mince it with sweet herbs, and a little beaten Ginger, put in a Ladle full of Claret wine, and a little sweet butter, two spoonfuls of Verjuice and a little Pepper, a few Capers, then chop the yolks of two hard Eggs in it, then when these have stewed a while in a Dish, put your bonie part which is rosted into a Dish, and pour this on it and serve it in.

153.

153. *To roast a Neats Tongue.*

Chop sweet herbs fine with a piece of raw Apple, season it with Pepper and Ginger, and the yolk of an Egg made hard and minced small, then stuff your Tongue with this, and roast it well, and baste it with Butter and Wine; when it is enough, take Verjuice, Butter, and the Juice of a Limon, and a little Nutmeg; then Dish your Tongue and pour this Sauce over it and serve it in.

154. *To boil Pigeons with Rice.*

Take your Pigeons and truss them, and stuff their bellies with sweet herbs, then put them into a Pipkin with as much Mutton broth as will cover them, with a blade of Mace and some whole Pepper, boil all these together until the Pigeons be tender, and put in Salt:

Then take them from the fire, and scum off the Fat very clean, then put in a piece of sweet Butter, season it with Verjuice, Nutmeg and a little Sugar, thicken it with Rice boiled in sweet Cream, Garnish your Dish with preserved Barberries and Skirret Roots boiled tender.

155.

155. *To Boil a Rabbit.*

Take a large Rabbit, truſs it and boil it with a little Mutton Broth, white Wine and a blade of Mace, then take Lettuce, Spinage, and Parſley, Winter-Savory and ſweet Marjoram, pick all theſe and waſh them clean, and bruiſe them a little to make the Broth look green, thicken it with the Cruſt of a Manchet firſt ſteeped in a little Broth, and put in a little ſweet Butter, ſeaſon it with Verjuice and Pepper, and ſerve it to the Table upon Sippets; Garniſh the Diſh with Barberries.

156. *To boil a Teal or Wigeon.*

Parboil either of theſe Fowls and throw them into a pail of fair Water, for that taketh away the Rankneſs, then roſt them half, and take them from the fire, and put ſweet herbs in the bellies of them, and ſtick the Breaſts with Cloves, then put them in a Pipkin with two or three ladles full of Mutton broth, very ſtrong of the Meat, a blade of whole Mace, two or three little Onions minced ſmall, thicken it with a Toaſt of Houſhold bread, and put in a little Butter, then put in a little Verjuice, ſo take it up and ſerve it.

157

157. *To boil Chickens or Pigeons with Goosberries or Grapes.*

Boil them with Mutton Broth and white Wine, with a blade of Mace and a little Salt, and let their bellies be filled with sweet herbs, when they are tender, thicken the Broth with a piece of Manchet, and the yolks of two hard Eggs, strained with some of the Broth, and put it into a deep Dish with some Verjuice and Butter and Sugar, then having Goosberries or Grapes tenderly scalded, put them into it, then lay your Chickens or Pigeons into a Dish, and pour the Sauce over them, and serve them in.

158. *A made Dish of Rabbits Livers.*

Take six Livers and chop them fine with sweet herbs and the yolks of two hard Eggs, season it with beaten Spice, and Salt, and put in some plumped Currans, and a little melted Butter, so mix them very well together, and having some Paste ready rouled thin, make it into little Pasties and fry them, strew Sugar over them and serve them.

159. *To make a Florentine with the Brawn of a Capon, or the Kidney of Veal.*

Mince any of these with sweet Herbs, then put in parboiled Currans, and Dates minced small, and a little Orange or Limon Pill which is Candied, shred small, season it with beaten Spice and Sugar, then take the yolks of two hard Eggs and bruise them with a little Cream, a piece of a short Cake grated, and Marrow cut in short pieces; mix all these together with the forenamed Meat, and put in a little Salt and a little Rosewater, and bake it in a Dish in Puff-Past, and when you serve it in strew Sugar over it.

160. *A Friday Pie without Fish or Flesh.*

Wash a good quantity of green Beets, and pluck out the middle string, then chop them small, with two or three ripe Apples well relished, season it with Pepper, Salt, and Ginger, then add to it some Currans, and having your Pie ready, and Butter in the bottom, put in these herbs, and with them a little Sugar, then put Butter on the top and close it and bake it, then cut it up, and put in the juice of a Limon and Sugar.

161

161. *To make Umble Pies.*

Boil them very tender, and mince them very small with Beef Suet and Marrow, then season it with beaten Spice and Salt, Rosewater and Sugar and a little Sack, so put it into your Paste with Currans and Dates.

162. *To bake Chickens with Grapes.*

Scald your Chickens and truss them, and season them with Pepper, Salt and Nutmeg, and having your Pie ready, and Butter laid in the bottom, put in your Chickens, and then more Butter, and bake them with a thin Lid on your Pie, and when it is baked, put in Grapes scalded tender, Verjuice, Nutmeg, Butter and Sugar, and the Juice of an Orange; so serve it in.

163. *To make a good Quince-Pie.*

Take your fairest Quinces, and Coddle them till a straw may run through them, then core them and pare them, then take their weight in fine Sugar, and stuff them full of Sugar, then having your Pie ready, lay in

your Quinces, and strew the rest of your Sugar over them, and put in some whole Cloves and Cinamon, then close it, and bake it; you must let it stand in the Oven four or five hours; serve it in cold and strew on Sugar.

164. *To make Tarts of Pippins.*

Having some Puff-past ready in a Dish or Pan, lay in some preserved Pippins which have Orange Pill in them, and the Juice of Orange or Limon, so close them and bake them a little.

165. *To make a good Pie of Beef.*

Take the Buttock of a fat Oxe, slice it thin, mince it small, and beat it in a Mortar to a Paste, then lard it very well with Lard, and season it with beaten Spice, then make your Pie, and put it in with some Butter and Claret Wine, and so bake it well, and serve it in cold with Mustard and Sugar, and garnish it with Bay-leaves.

166. *To bake a Swan.*

Scald it and take out the bones, and parboil it, then season it very well with Pepper, Salt and Ginger, then lard it, and put it in a deep Coffin of Rye Paste with store of Butter, close it and bake it very well, and when it is baked, fill up the Vent-hole with melted Butter, and so keep it; serve it in as you do the Beef-Pie.

167. *To bake a Turkey or Capon.*

Bone the Turkey, but not the Capon, parboil them, and stick Cloves on their breasts, lard them, and season them well with Pepper and Salt, and put them in a deep Coffin with good store of Butter, and close your Pie, and bake it, and soak it very well; when it is baked, fill it up with melted Butter, and when it is quite cold, serve it in and eat it with Mustard and Sugar: garnish it with Bay-Leaves.

168. *To make Fritters.*

Take the Curds of a Sack Posset, the Yolks of six Eggs, and the Whites of two, with a little fine Flower to make it into a thick Batter, put in also a Pomewater cut in small pieces, some beaten Spice, warm Cream, and a spoonful of Sack, and a little strong Ale; mingle all these very well, and beat them well, then fry them in very hot Lard, and serve them in with beaten Spice and fine Sugar.

169. *To bake Woodcocks, Blackbirds, Sparrows or Larks.*

Truss and parboil them, then season them with Pepper and Salt, and put them into a Pie with good store of Butter, and so bake them, then fill them up with Butter.

170. *To bake a Goose.*

Bone your Goose and parboil it, and season it with Pepper and Salt, and lay it into a deep Coffin with good store of Butter top and bottom, then bake it very well, and when it is baked, fill up the Pie at the Vent-

hole

hole with melted Butter, and so serve it in with Mustard and Sugar and Bay-Leaves.

171. *To make Pancakes so crisp as you may set them upright.*

Make a dozen or a score of them in a little Frying-pan, no bigger then a Sawcer, then boil them in Lard, and they will look as yellow as Gold, and eat very well.

172. *To make blanched Manchet.*

Take six Eggs, half a Pint of sweet Cream, and a penny Manchet grated, one Nutmeg grated, two spoonfuls of Rosewater, and two Ounces of Sugar, work it stiff like a Pudding, then fry it in a very little frying-pan, that it may be thick.

Fry it brown, and turn it upon a Pie-Plate; cut it in quarters and strew Sugar on it and serve it in.

173. *To make a fierced Pudding.*

Mince a Leg of Mutton with sweet herbs, and some Suet, make it very fine, then put in grated Bread, minced Dates, Currans, Raisins of the Sun stoned, a little pre-

ſerved Orange or Limon, and a few Coriander ſeeds bruiſed, Nutmeg, Ginger, and Pepper, mingled all together with Cream and raw Eggs wrought together like a Paſte, and bake it, and put for Sauce the yolk of an Egg, Roſewater, Sugar, and Cinamon, with a little Butter heat together; when you ſerve it in, ſtick it with Almonds and Roſemary; you may boil it alſo if you pleaſe, or roſt ſome of it in a Lambs Cawl.

174. *To make a Fricaſie of Eggs.*

Beat twelve Eggs with Cream, Sugar, beaten Spice and Roſewater, then take thin ſlices of Pomewater Apple, and fry them well with ſweet Butter; when they are enough, take them up, and cleanſe your pan, then put in more Butter, and make it hot, and put in half your Eggs and fry them; then when the one ſide is fryed lay your Apples all over the ſide which is not fryed, then pour in the reſt of your Eggs, and then turn it and fry the other ſide, then ſerve it in with the Juice of an Orange and Butter, and Sugar.

175. *To make a* Cambridge-*Pudding.*

Take grated bread ſearced through a Cullender, then mix it with fine Flower, minced Dates, Currans, beaten Spice, Suet ſhred ſmall, a little ſalt, Sugar and Roſewater, warm Cream and Eggs, with half their Whites; mould all theſe together with a little Yeſt, and make it up into a Loaf, but when you have made it in two parts, ready to clap together, make a deep hole in the one, and put in Butter, then clap on the other, and cloſe it well together, then butter a Cloth and tie it up hard, and put it into water which boils apace, then ſerve it in with Sack, Butter and Sugar.

You may bake it if you pleaſe in a baking-pan.

176. *To make a Pudding of Gooſe Blood.*

Save the blood of a Gooſe, and ſtrain it, then put in fine Oatmeal ſteeped in warm Milk, Nutmeg, Pepper, ſweet Herbs, Sugar, Salt, Suet minced fine, Roſewater, Limon Pill, Coriander ſeeds, then put in ſome Eggs, and beat all theſe together very well,

then boil them how you do like, either in a buttered Cloth or in Skins, or roſt it within the Neck of the Gooſe.

177. *To make Liver Puddings.*

Take a Hogs Liver boiled and cold, grate it like Bread, then take new Milk and the Fat of a Hog minced fine, put it to the Bread and the Liver, and divide it into two parts, then dry herbs or other if you can minced fine, and put the Herbs into one part with beaten Spice, Anniſeeds, Roſewater, Cream and Eggs, Sugar and Salt, ſo fill the Skins and boil them.

To the other part put preſerved Barberries, ſliced Dates, Currans, beaten Spice, Salt, Sugar, Roſewater, Cream and Eggs, ſo mix them well together, and fill the Skins and boil them.

178. *To make a Chiveridge Pudding.*

Take the Fatteſt Guts of your Hog clean ſcoured, then ſtuff them with beaten Spice and ſliced Dates, ſweet herbs, a little Salt, Roſewater, Sugar, and two or three Eggs to make it ſlide; ſo fill them, tie them up like Puddings and boil them; when they are enough ſerve them.

179.

179. *To make Rice Puddings in Skins.*

Take two quarts of Milk and put therein as it is yet cold, two good handfuls of Rice clean picked and washed, set it over a slow fire and stir it often, but gently; when you perceive it to swell, let it boil apace till it be tender and very thick, then take it from the fire, and when it is cold, put in six Eggs well beaten, some Rosewater and Sugar, beaten Spice and a little Salt, preserved Barberries and Dates minced small, some Marrow and Citron Pill; mingle them well together and fill your Skins, and boil them.

180. *To make a Stewed Pudding.*

Take the yolks of three Eggs and one White, six spoonfuls of sweet Cream, a little beaten spice, and a quarter of a pound of Suet minced fine, a quarter of a pound of Currans, and a little grated Bread, Rosewater, Sugar and Salt; mingle them well together, and wrap them up in little pieces of the Cawl of Veal, and fasten them with a little stick, and tie each end with a stick, you may put four in one Dish, then take half

a pint of ſtrong Mutton Broth, and 6 ſpoonfuls of Vinegar, three or four blades of large Mace, and one Ounce of Sugar, make this to boil over a Chafingdiſh of Coals, then put in your Puddings, and when they boil, cover them with another Diſh, but turn them ſometimes, and when you ſee that they are enough, take your Puddings and lay them in a warm Diſh upon Sippets, then add to their Broth ſome Sack, Sugar, and Butter, and pour over them; garniſh your Diſh with Limon and Barberries.

181. *To make a* Suſſex *Pudding.*

Take a little cold Cream, Butter and Flower, with ſome beaten Spice, Eggs, and a little Salt, make them into a ſtiff Paſte, then make it up in a round Ball, and as you mold it, put in a great piece of Butter in the middle, and ſo tye it hard up in a buttered Cloth, and put it into boiling water, and let it boil apace till it be enough, then ſerve it in, and garniſh your Diſh with Barberries; when it is at the Table, cut it open at the top, and there will be as it were a Pound of Butter, then put Roſewater and Sugar into it, and ſo eat it.

In ſome of this like Paſte you may wrap great

great Apples, being pared whole, in one piece of thin Paſte, and ſo cloſe it round the Apple, and throw them into boiling water, and let them boil till they are enough, you may alſo put ſome green Goosberries into ſome, and when either of theſe are boiled, cut them open and put in Roſewater, Butter and Sugar.

182. *To make* French *Puffs.*

Take Spinage, Parſley and Endive, with a little Winter-ſavory, and waſh them, and mince them very fine; ſeaſon them with Nutmeg, Ginger and Sugar, wet them with Eggs, and put in a little Salt, then cut a Limon in thin round ſlices, and upon every ſlice of Limon lay one ſpoonful of it.

Then fry them, and ſerve them in upon ſome Sippets, and pour over them Sack, Sugar and Butter.

183. *To make Apple Puffs.*

Take a Pomewater, or any other Apple that is not hard or harſh in taſte, mince it with a few raiſins of the Sun ſtoned, then wet them with Eggs, and beat them together with the back of a Spoon, ſeaſon them with

with Nutmeg, Rosewater, Sugar, and Ginger, drop them into a frying pan with a Spoon into hot Butter, and fry them, then serve them in with the juice of an Orange and a little Sugar and Butter.

184. *To make Kickshaws, to bake or fry in what shape you please.*

Take some Puff-paste and roul it thin, if you have Moulds work it upon them with preserved Pippins, and so close them, and fry or bake them, but when you have closed them, you must dip them in the yolks of Eggs, and that will keep all in; fill some with Goosberries, Rasberries, Curd, Marrow, Sweet-breads, Lambs-Stones, Kidney of Veal, or any other thing what you like best, either of them being seasoned before you put them in, according to your mind; and when they are baked or fryed, strew Sugar on them, and serve them in.

185. *To make an* Italian *Pudding.*

Take a peny white Loaf and pare off the cruft, then cut it like Dice, then take some Beef Suet shred small, and half a pound of Raisins of the Sun stoned, with as many Currans,

Currans, mingle them together and season them with beaten Spice and a little Salt, wet them with four Eggs, and stir them gently, for fear of breaking the Bread, then put it in a dish with a little Cream and Rosewater and Sugar, then put in some Marrow and Dates, and so butter a dish and bake it, then strew on Sugar and serve it.

186. *To Hash Calves Tongues.*

Boil them tender and pill them, then lard them with Limon Pill, and lard them also with fat Bacon, then lay them to the Fire, and half roast them; then put them in a Pipkin with Claret Wine, whole Spice and sliced Limon and a few Caraway Seeds, a little Rosemary and a little Salt, boil all together and serve them in upon Toasts. Thus you may do with Sheeps Tongues also.

187. *To boil a Capon.*

Take strong Mutton Broth, and truss a Capon, and boil him in it with some Marrow and a little Salt in a Pipkin, when it is tender, then put in a pint of White Wine, half a pound of Sugar, and four Ounces of Dates stoned and sliced, Potato Roots boiled and blanched,

blanched, large Mace and Nutmeg ſliced, boil all theſe together with a quarter of a pint of Verjuyce, then diſh the Capon, and add to the Broth the Yolks of ſix Eggs beaten with Sack, and ſo ſerve it; garniſh your diſh with ſeveral ſorts of Candied Pills and Preſerved Barberries, and ſliced Limon with Sugar upon every ſlice.

188. *To boil a Capon with Rice.*

Truſs your Capon and boil him in water and ſalt, then take a quarter of a pound of Rice, firſt boiled in Milk, and put in with ſome whole Spice and a little Salt, when it is almoſt enough put in a little Roſewater, and half a pound of Almonds blanched and beaten, ſtrain them in, and put in ſome Cream and Sugar, then when your Capon is enough, lay it in a Diſh, and pour the Broth thereon; Garniſh your Diſh as you pleaſe and ſerve it in.

189. *To boil a Capon with Pippins.*

Parboil your Capon after it is truſſed, then put it into a Pipkin with Mutton Broth and Marrow, and a little Salt, with a quart of White-Wine, a little Nutmeg and Dates

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ſtoned and ſliced, then put in a quarter of a pound of fine Sugar, then take ſome Pippins ſtewed with Sugar, Spice and a little water, and put them in, then lay your Capon into a Diſh, and lay ſome Naples Biskets for Sippets, then bruiſe the yolks of eight hard Eggs and put in your Broth, with a little Sack, and pour it over your Capon; Garniſh your Diſh and ſerve it in.

190. *To boil Chickens with Lettuce the very beſt way.*

Parboil your Chickens and cut them in Quarters, and put them into a Pipkin with ſome Mutton Broth, and two or three ſweet Breads of Veal, and ſome Marrow and ſome Cloves, and a little Salt, and a little Limon Pill; then take good ſtore of hard Lettuce, ut them in halves and waſh them, and put hem in; then put in Butter and Sack and hite Wine, with a little Mace and Nutneg, and ſliced Dates: Let all theſe ſtew upn the Fire, and when they be enough, ſerve hem in with Toaſts of white Bread for Sipets; Garniſh the Diſh with Limon and arberries, and what elſe you pleaſe. Thus ou may do Pigeons.

190. *To boil a Rabbit with Grapes or with Goosberries.*

Truss your Rabbit whole, and boil it in some Mutton Broth till it be tender;

Then take a pint of White Wine, and a good handful of Spinage chopped, the yolks of hard Eggs cut in quarters, put these to the Rabbit with some large Mace; a Fagot of sweet Herbs and a little Salt and some Butter, let them boil together a while, then take your Rabbit and lay it in a Dish and some Sippets, then lay over it some Grapes or Goosberries, scalded with Sugar, and pour your Broth over it.

191. *To boil a Rabbit with Claret Wine.*

Boil a Rabbit as before, then slice Onions and a Carrot root, a few Currans and a Fagot of sweet herbs, and a little Salt, minced Parsley, Barberries picked, large Mace, Nutmeg and Ginger, put all these into a Pipkin with the Rabbit, half a Pound of Butter, and a Pint of Claret Wine, and let them boil together till it be enough, then serve it upon Sippets.

192. *To boil a wild Duck.*

Truſs and parboil it, then half roſt it, then carve it, and ſave the Gravie, then take Onions and Parſley ſliced, Ginger and Pepper, put the Gravie into a Pipkin, with Currans, Mace, Barberries, and a quart of Claret Wine, and a little Salt, put your Duck with all the forenamed things into it, and let them boil till it be enough, then put in Butter and Sugar, and ſerve it in upon Sippets.

193. *To boil a tame Duck.*

Take your Duck and truſs it, and boil it with water and ſalt, or rather Mutton broth, when it hath boiled a while, put in ſome whole Spice, and when it is boiled enough, take ſome white wine and butter, and good ſtore of Onions boiled tender in ſeveral waters, with a little of the Liquor wherein the Duck hath boiled, and a little Salt: put your Duck into a Diſh, and heat theſe things together and pour over it, and ſerve it; garniſh the Diſh with boiled Onions and Barberries.

194.

194. *To boil Pigeons with Capers and Samphire.*

Truſs your Pigeons and put them into a Pipkin with ſome Mutton Broth and white Wine, a bundle of ſweet herbs, when they are boiled, lay them into a Diſh, then take ſome of the Broth with ſome Capers and Limon ſliced, and ſome Butter, heat theſe together and pour over them; then fry thin ſlices of Bacon, and lay upon them, and ſome Samphire waſhed from the Salt, and ſome ſlices of Limon; Garniſh your Diſh with the ſame and ſerve it in.

195. *To boil Sauſages.*

Take two pounds of Sauſages, and boil them with a quart of Claret Wine and a bundle of Sweet herbs, and whole Cloves and Mace; then put in a little Butter, when they are enough, ſerve them in with this Liquor and ſome Muſtard in Sawcers.

196. *To boil Gooſe Giblets.*

Boil them with water and ſalt, and a bundle of ſweet herbs, Onions and whole ſpice, when

when they are enough, put in Verjuice and Butter, and some Currans plumped, and serve them upon Sippets.

Thus you may dress Swans Giblets.

197. *To boil Giblets with Roots and good Herbs.*

Boil them in a quart of Claret, Ginger and Cloves, and a Faggot of sweet herbs, Turneps and Carrots sliced, with good store of Spinage and a little Salt, when they are enough, serve them upon Sippets.

And add to the Broth some Verjuice and the yolks of Eggs; Garnish your Dish with Parsley and pickled Barberries.

198. *To smoor a Neck of Mutton.*

Cut your Steaks, and put them into a Dish with some Butter, then take a Faggot of sweet herbs, and some gross Pepper and a little Salt, and put to them; cover your Dish, and let them stew till they are enough, turning them sometimes, then put in a little Claret Wine and Anchovies, and serve them upon Sippets.

199.

199. *To smoor Veal.*

Cut thin slices of Veal and hack them over with the back of a Knife, then lard them with Lard, and Fry them with strong Beer or Ale till they be enough, then stew them in Claret wine with some whole Spice, and Butter, and a litte Salt.

Garnish your Dish with Sausages fryed, and with Barberries, to serve them in.

200. *To smoor Steaks of Mutton another way.*

Cut part of a Leg of Mutton into steaks, and fry it in White Wine and a little salt, a bundle of herbs, and a little Limon Pill, then put it into a Pipkin with some sliced Limon, without the Rind, and some of the Liquor it was fried in. and Butter and a little Parslie, boil all together till you see it be enough, then serve it in, and garnish your Dish with Limon and Barberries.

201. *To smoor Chickens.*

Cut them in Joints and fry them with sweet Butter, then take white Wine, Parsley and Onions chopp'd small, whole Mace and a little gross Pepper, a little Sugar, Verjuice and Butter, let these and your fryed Chicken boil together, then fry the Leaves of Clary with Eggs, put a little Salt to your Chickens, and when they are enough, serve them in this fryed Clary, and garnish your Dish with Barberries.

202. *To fry Muscles, or Oysters, or Cockles, to serve in with Meat, or by themselves.*

Take any of these and parboil them in their own Liquor, then dry them, flower them, and fry them, then put them into a Pipkin with Claret Wine, whole Spice and Anchovies, and a little Butter, so let them stew together, and serve them in either with a Duck, or by themselves, as you like best.

104. *To dreſs Calves feet.*

Take Calves feet tenderly boiled, and ſlit them in the middle, then put them in a Diſh with ſweet Butter, Parſley and Onion chopped, a little Thyme, large Mace, Pepper with a little Wine Vinegar, and a little Salt, let all theſe ſtew together till they are enough, then lay your Calves feet in a Diſh and pour the Sauce over them, then ſtrew ſome raw Parſley and hard Eggs chopped together over them with ſlices of Limon and Barberries.

205. *To dreſs Neats Tongues.*

Boil them and blanch them, and ſlice them thin, then take Raiſins of the Sun, large Mace, Dates ſliced thin, a few blanched Almonds, and Claret Wine with a little Salt, boil all theſe together with ſome ſweet Butter, Verjuice and Sugar; when they are enough, ſerve them in and thicken the Sauce with yolks of Eggs; garniſh your Diſh with Barberries.

206. *Another way to Hash Neats Tongues.*

Boil Neats Tongues very tender, peel them and slice them thin, then take strong meat Broth, blanched Chesnuts, a Faggot of sweet herbs, large Mace, and Endive, a little Pepper and whole Cloves and a little Salt; boil all these together with some butter till they be enough; garnish your Dish as before.

207. *To boil Chickens in White-broth.*

Take three Chickens and truss them, then take two or three blades of Mace, as many quartered Dates, four or five Lumps of Marrow, a little Salt and a little Sugar, the yolks of three hard Eggs, and a quarter of a Pint of Sack; first boil your Chickens in Mutton broth, and then add these things to them, and let them boil till they are enough, then lay your Chickens in a Dish, and strain some Almonds blanched and beaten into it, serve it upon Sippets of French Bread; garnish your Dish with hard Eggs and Limons.

208. *To boil Partridges.*

Put two or three Partridges into a Pipkin with as much water as will cover them, then put in three or four blades of Mace, one Nutmeg quartered, five or six Cloves, a piece of sweet Butter, two or three Toasts of Manchet toasted brown, soke them in Sack or Muskadine and break them; and put them into the Pipkin with the rest, and a little Salt, when they are enough, lay them in a Dish, and pour this Broth over them, then garnish your Dish with hard Eggs and sliced Limon, and serve it in.

209. *To boil a Leg of Mutton.*

Take a large Leg of Mutton and stuff it well with Mutton Suet, Salt and Nutmeg, boil it in water and Salt, but not too much, then put some of that Broth into another Pot, with three or four blades of Mace, some Currans and Salt, boil them till half be consumed, then put in some sweet Butter, and some Capers and a Limon cut like Dice with the Rind on, a little Sack, and the yolks of two hard Eggs Minced; then lay your Mutton into a Dish upon Sippets, and

pour

pour this Sauce over it; ſcrape Sugar on the ſides of your Diſh, and lay on ſlices of Limon and Barberries.

210. *To ſtew Trouts.*

Put two Trouts into a fair diſh with ſome white Wine, ſweet Butter, and a little whole Mace, a little Parſley, Thyme and Savory minced, then put in an Anchovie and the yolks of hard Eggs; when your Fiſh is enough, ſerve it on Sippets, and pour this over it, and Garniſh your Diſh with Limon and Barberries, and ſerve them in; you may add Capers to it if you pleaſe, and you may do other Fiſh in this manner.

211. *To boil Eels in Broth to ſerve with them.*

Flay and waſh your Eels and cut them in pieces about a handful long, then put them into a pot with ſo much Water as will cover them, a little Pepper and Mace, ſliced Onions, a little grated Bread, and a little Yeſt, a good piece of ſweet Butter, ſome Parſley, Winter-Savory and Thyme ſhred ſmall; let them boil ſoftly half an hour, and put in ſome Salt, with ſome Currans;

when it is enough, put in Verjuice and more Butter, and so serve it; Garnish your Dish with Parsley, Limon and Barberries, put Sippits in your Dish.

212. *To boil a Pike with Oysters.*

Take a fair Pike and gut it and wash it, and truss it round with the tail in the mouth, then take white Wine, Water and Salt, with a bundle of sweet herbs, and whole Spice, a little Horse-radish; when it boils, tie up your Pike in a Cloth, and put it in, and let it boil till it swims, for then it is enough; then take the Rivet of the Pike, and a Pint of great Oysters with their Liquor, and some Vinegar, large Mace, gross Pepper, then lay your Pike in a Dish with Sippets, and then heat these last named things with some Butter and Anchovies, and pour over it; garnish your Dish as you please.

213. *To make a grand Sallad.*

Take a fair broad brimm'd dish, and in the middle of it lay some pickled Limon Pill, then lay round about it each sort by themselves, Olives, Capers, Broom-Buds, Ash-Keys, Purslane pickled, and French-Beans pickled,

pickled, and little Cucumbers pickled, and Barberries pickled, and Clove Gilliflowers, Cowslips, Currans, Figs, blanched Almonds and Raisins, Slices of Limon with Sugar on them, Dates stoned and sliced.

Garnish your Dish brims with Candied Orange, Limon and Citron Pill, and some Candied Eringo roots.

214. *To roast a Pig with a Pudding in his Belly.*

Take a fat Pig and truss his head backward looking over his back, then make such Pudding as you like best, and fill his belly with it, your Pudding must be stiff, then sew it up, and roast your Pig, when it is almost enough, wring upon it the Juice of a Limon, and when you are ready to take it up, wash it over with yolks of Eggs, and before they can dry, dredge it with grated bread mixed with a little Nutmeg and Ginger, let your Sauce be Vinegar, Butter and Sugar, and the yolks of hard Eggs minced.

215. *To roſt a Leg of Mutton with Oyſters.*

Take a large Leg of Mutton and ſtuff it well with Mutton Suet, with Pepper, Nutmeg, Salt and Mace, then roſt it and ſtick it with Cloves, when it is half roſted cut off ſome of the under ſide of the fleſhy end, in little thin Bits, then take a Pint of Oyſters and the Liquor of them, a little Mace, ſweet Butter and Salt, put all theſe with the Bits of Mutton into a Pipkin till half be conſumed, then Diſh your Mutton and pour this Sauce over it, ſtrew Salt about the Diſh ſide and ſerve it in.

216. *To make a Steak-Pie.*

Cut a Neck of Mutton in Steaks, then ſeaſon it with Pepper and Salt, lay your Paſte into your Baking Pan, and lay Butter in the bottom, then lay in your Steaks, and a little large Mace, and cover it with Butter, ſo cloſe it, and bake it; and againſt it is baked, have in readineſs good ſtore of boiled Parſley minced fine, and drained from the Water, ſome White Wine and ſome Vinegar, ſweet Butter and Sugar,

cut

cut open your Pie, and put in this Sauce, and ſhake it well, and ſerve it to the Table; it is not ſo good cold as hot.

217. *To roſt a Haunch or a ſhoulder of Veniſon, or a Chine of Mutton.*

Take either of theſe, and Lard it with Lard, and ſtick it thin with Roſemary, then roſt it with a quick fire, but do not lay it too near; baſte it with ſweet butter: then take half a Pint of Claret wine, a little beaten Cinamon and Ginger, and as much Sugar as will ſweeten it, five or ſix whole Cloves, a little grated Bread, and when it is boiled enough, put in a little ſweet Butter, a little Vinegar, and a very little Salt, when your meat is roſted, ſerve it in with Sauce, and ſtrew Salt about your Diſh.

218. *To roſt a Capon with Oyſters and Cheſnuts.*

Take ſome boiled Cheſnuts, and take off their ſhells, and take as many parboil'd Oyſters, then ſpit your Capon, and put theſe into the belly of it, with ſome ſweet Butter, roſt it and baſt it with ſweet Butter, ſave the Gravie, and ſome of the

Chesnuts, and some of the Oysters, then add to them half a Pint of Claret Wine, and a piece of sweet Butter and a little Pepper, and a little Salt; stew these all together till the Capon be ready, then serve them in with it; Garnish your Dish as you please.

219. *To roast a Shoulder or Fillet of Veal with farcing Herbs.*

Wash your Meat and parboil it a little, then take Parsley, Winter-savory, and Thyme, of each a little minced small, put to them the yolks of three or four hard eggs minced, Nutmeg, Pepper and Currans and Salt, add also some Suet minced small; work all these with the yolk of a raw Egg, and stuff your Meat with it, but save some, and set it under the meat while it doth rost, when your meat is almost rosted enough, put to these in the Dish, a quarter of a pint of White Wine Vinegar, and some Sugar, when your meat is ready, serve it in with his Sauce, and strew on Salt.

220.

220. *To make boiled Sallads.*

Boil ſome Carrots very tender, and ſcrape them to pieces like the Pulp of an Apple, ſeaſon them with Cinamon and Ginger and Sugar, put in Currans, a little Vinegar, and a piece of ſweet Butter, ſtew theſe in a Diſh, and when they begin to dry put in more Butter and a little Salt, ſo ſerve them to the Table; thus you may do Lettuce, or Spinage or Beets.

221. *To boil a Shoulder of Veal.*

Take a Shoulder of Veal and half boil it in Water and Salt, then ſlice off the moſt part of it, and ſave the Gravie; then take that ſliced meat, and put it in a Pot with ſome of the Broth that boiled it, a little grated Bread, Oyſter Liquor, Vinegar, Bacon ſcalded and ſliced thin, a Pound of Sauſages out of their skins, and rolled in the yolks of Eggs, large Mace and Nutmeg, let theſe ſtew about one hour, then put in one Pint of Oyſters, ſome ſweet herbs, and a little Salt, ſtew them together, then take the bone of Veal and broil it and Diſh it, then add to your Liquor a little Butter,

and ſome minced Limon with the Rind, a Shelot or two ſliced, and pour it over; then lay on it ſome fryed Oyſters; Garniſh your Diſh with Barberries and ſliced Limon, and ſerve it in.

222. *To boil a Neck of Mutton.*

Boil it in water and ſalt, then make ſauce for it with Samphire and a little of the Broth, Verjuice, large Mace, Pepper and Onion, the yolks of hard Eggs minced, ſome ſweet herbs and a little ſalt, let theſe boil together half an hour or more.

Then beat it np with Butter and Limon; then diſh your Meat upon Sippets, and pour it on; garniſh your Diſh with the hard Whites of Eggs and Parſley minced together, with ſliced Limon, ſo ſerve it; thus you may dreſs a Leg or a Breaſt of Mutton if you pleaſe.

223. *To ſtew a Loin of Mutton.*

Cut your Meat in Steaks, and put it into ſo much water as will cover it, when it is ſcummed, put to three or four Onions ſliced, with ſome Turneps, whole Cloves, and ſliced Ginger; when it is half ſtewed, put in

in sliced Bacon and some sweet herbs minced small, some Vinegar and Salt, when it is ready, put in some Capers, then Dish your Meat upon Sippets and serve it in, and garnish your Dish with Barberries and Limon.

224. *To boil a Haunch of Venison.*

Boil it in water and salt, with some Coleflowers and some whole Spice, then take some of the Broth, a little Mace, and a Cows Udder boiled tender and sliced thin, a little Horse-radish root scarced, and a few sweet herbs, boil all these together, and put in a little Salt, when your Venison is ready, Dish it, and lay your Cows Udder and the Coleflowers over it, then beat up your Sauce, and pour over it; then garnish your Dish with Limon and Parsley and Barberries, and so serve it; this Sauce is also good with a powdered Goose boiled, but first larded.

225.

225. *To make white Broth with Meat or without.*

Take a little Mutton Broth, and as much of Sack, and boil it with whole Spice, sweet herbs, Dates sliced, Currans and a little Salt, when it is enough, or very near, strain in some blanched Almonds, then thicken it with the Yolks of Eggs beaten, and sweeten it with Sugar, and so serve it in with thin slices of white Bread:

Garnish with stewed Prunes, and some plumped Raisins.

This may be served in also with any meat proper for to be served with White Broth.

226. *To make good stewed Broth.*

Take a hinder Leg of Beef and a pair of Marrow bones, boil them in a great Pot with Water and a little Salt, when it boiles, and is skimmed, put in some whole Spice, and some Raisins and Currans, then put in some Manchet sliced thin, and soaked in some of the Broth, when it is almost enough, put in some stewed Prunes, then Dish your Meat, and put into your Broth a little Saffron

ron or red Saunders, some White Wine and Sugar, so pour it over your Meat, and serve it in; Garnish your Dish with Prunes, Raisins and fine Sugar.

227. *To stew Artichokes.*

Take the bottoms of Artichokes tenderly boiled, and cut them in Quarters, stew them with White Wine, whole Spice and Marrow, with a little Salt:

When they are enough, put in Sack and Sugar, and green Plumbs preserved, so serve them; garnish the Dish with Preserves.

228. *To stew Pippins.*

Take a pound of Pippins, pare them and core them, and cut them in quarters.

Then take a pint of water and a pound of fine Sugar, and make a Syrup, and scum it, then put in your Pippins and boil them up quick, and put in a little Orange or Limon Pill very thin; when they are very clear, and their Syrup almost wasted, put in the juice of Orange and Limon, and some Butter; so serve them in upon Sippets, and strew fine Sugar about the Dish sides.

229. *To make a Sallad with fresh Salmon.*

Your Salmon being boiled and souced, mince some of it small with Apples and Onions, put thereto Oyl, Vinegar, and Pepper; so serve it to the Table: Garnish your Dish with Limon and Capers.

230. *To rost a Shoulder of Mutton with Oysters.*

Take a large Shoulder of Mutton, and take sweet herbs chopped small, and mixed with beaten Eggs and a little Salt, take some great Oisters, and being dried from their Liquor, dip them in these Eggs, and fry them a little, then stuff your meat well with them, then save some of them for sauce, and rost your Mutton, and baste it with Claret Wine, Butter and Salt, save the Gravie, and put it with the Oisters into a Dish to stew with some Anchovies, and Claret wine: when your meat is enough, rub the Dish with a Shelot, and lay your meat in it, and then put some Capers into your Sauce, and pour over it, so serve it in; Garnish your Dish with Olives, Capers, and Samphire.

231.

231. *To roast a Calves Head with Oisters.*

Split your Calves Head as to boil, and let it lie in water a while, then wash it well, and cut out the Tongue, then boil your Head a little, also the Tongue and Brains, then mince the Brains and Tongue with a little Sage, Oisters and Marrow put amongst it when it is minced, three or four Eggs well beaten, Ginger, Pepper, Nutmeg, Grated Bread and Salt, and a little Sack, make it pretty thick, then take the Head and fill it with this, and bind it close, and spit it and roast it, and save the Gravie which comes from it in a Dish, baste it well with Butter, put to this Gravie some Oisters, and some sweet Herbs minced fine, a little white Wine, and a sliced Nutmeg; when the Head is rosted, set the Dish of Sauce upon hot Coals with some Butter and a little Salt, and the Juice of an Orange, beat it up thick and Dish your Head, and serve it in with this Sauce; garnish your Dish with stewed Oisters and Barberries.

232. *Sauce for Woodcocks Snites.*

When you spit your Fowl, put in an Onion in the Belly, when it is rosted, take the Gravie of it, and some Claret Wine, and an Anchove with a little Pepper and Salt, so serve them.

233. *To make Sauce for Partridges.*

Take grated Bread, Water aad Salt, and a whole Onion boiled together, when it is well boiled, take out the Onion, and put in minced Limon, and a piece of Butter, and serve them in with it.

234. *To rost Larks with Bacon.*

When your Larks are Pull'd and drawn, wash them and spit them with a thin slice of Bacon and a Sage Leaf between the Legs of every one, make your Sauce with the Juice of Oranges and a little Claret Wine, and some Butter, warm them together, and serve them up with it.

235. *To make Sauce for Quails.*

Take some Vine Leaves dried before the Fire in a dish and mince them, then put some Claret Wine and a little Pepper and Salt to it, and a piece of Butter, and serve them with it.

This Sauce is also for rosted Pigeons.

236. *To rost a whole Pig without the Skin, with a Pudding in his Belly.*

Make ready the Pig for the Spit, then spit it and lay it down to the fire, and when you can take off the Skin, take it from the fire and flay it, then put such a Pudding as you love into the Belly of it, then sew it up, and stick it with Thyme and Limon Pill, and lay it down again, and rost it and bast it with Butter, and set a Dish under it to catch the Gravie, into which put a little sliced Nutmeg, and a little Vinegar, and a little Limon and some Butter; heat them together: when your Pig is enough, bread it, but first froth it up with Butter and a little Salt, then serve it in with this Sauce to the Table with the Head on.

237. *To fry Artichokes.*

Take the bottoms of Artichokes tenderly boiled, and dip them in beaten Eggs and a little Salt, and fry them with a little Mace ſhred among the Eggs; then take Verjuice, Butter and Sugar, and the Juice of an Orange, Diſh your Artichokes, and lay on Marrow fried in Eggs to keep it whole, then lay your Sauce, or rather pour it on, and ſerve them in.

238. *To make Toaſts of Veal.*

Take a roſted Kidney of Veal, cold and minced ſmall, put to it grated bread, Nutmeg, Currans, Sugar and Salt, with ſome Almonds blanched and beaten with Roſe-water, mingle all theſe together with beaten Eggs and a little Cream, then cut thin ſlices of white Bread, and lay this Compound between two of them, and ſo fry them, and ſtrew Sugar on them, and ſerve them in.

239.

239. *To make good Pancakes.*

Take twenty Eggs with half the whites, and beat them well and mix them with fine flower and beaten Spice, a little Salt, Sack, Ale, and a little Yeste, do not make your Batter too thin, then beat it well, and let it stand a little while to rise, then fry them with sweet Lard or with Butter, and serve them in with the Juice of Orange and Sugar.

240. *To fry Veal.*

Cut part of a Leg of Veal into thin slices, and hack them with the back of a Knife, then season them with beaten Spice and Salt, and lard them well with Hogs Lard, then chop some sweet herbs, and beat some Eggs and mix together and dip them therein, and fry them in Butter, then stew them with a little White Wine and some Anchovies a little while, then put in some Butter, and shake them well, and serve them in with sliced Limon over them.

241. *To make good Paste.*

Take to a peck of fine flower three pound of butter, and three Eggs, and a little cold Cream, and work it well together, but do not break your Butter too small, and it will be very fine Crust, either to bake meat in, or fruit, or what else you please.

It is a very fine Dumplin, if you make it into good big Rolls, and boil them and butter them, or roul some of it out thin, and put a great Apple therein, and boil and butter them, with Rosewater, Butter and Sugar.

242. *To make good Paste to raise.*

Take to a Peck of Flower two pounds of Butter and a little tryed Suet, let them boil with a little Water or Milk, then put two Eggs into your Flower, and mix them well together, then make a hole in the middle of your Flower, and put in the top of your boiling Liquor, and so much of the rest as will make it into a stiff Paste, then lay it into a warm Cloth to rise.

243. *Paste for cold Baked meats.*

Take to every Peck of Flower one pound of Butter or a little more, with hot Liquor as the other, and put a little dissolved Isinglass in it, because such things require strength; you may not forget Salt in all your Pastes, and work these Pastes made with hot Liquor much more than the other.

244. *To make a Veal Pie in Summer.*

Take thin slices of a Fillet of Veal, then having your Pie ready and Butter in it, lay in your Veal seasoned with a little Nutmeg and Salt, so cover it with Butter, and close it and bake it, then against it be drawn, scald some Goosberries or Grapes in Sugar and water as to preserve, and when you open your Pie, put in pieces of Marrow boiled in white Wine with a little blade of Mace:

Then put these Grapes or Goosberries over all, or else some hard Lettuce or Spinage boiled and buttered.

245.

245. *To make a Pie of Shrimps, or of Prawns.*

Pick them clean from their Shells, and have in readiness your Pie with Butter in the bottom, then lay in your Fish with some large Mace and Nutmeg, and then Butter again, and so bake it:

Then cut it up and put in some White Wine and an Anchovy or two, and some Butter, and so serve them in hot; thus you may do with Lobsters or Crabs, or with Crafish.

246. *To make a Pie of Larks, or of Sparrows.*

Pluck your Birds and draw them, then fill the Bellies of them with this mixture following, grated bread, sweet herbs minced small, Beef Suet or Marrow minced, Almonds blanched and beaten with Rose-water, a little Cream, beaten Spice, and a little Salt, some Eggs and some Currans, mix these together, and do as I have said, then have your Pie ready raised or laid in your baking-pan, put in Butter, and then fill it with Birds.

Then

Then put in Nutmeg, Pepper and Salt, and put in the yolks of hard Eggs, and some sweet herbs minced, then lay in pieces of Marrow, and cover it with Butter, and so close it and bake it; then cut it open and wring in the Juice of an Orange and some Butter, and serve it.

247. *To make a Lettuce Pie*

Take your Cabbage Lettuce and cut them in halves, wash them and boil them in water and Salt very green, then drain them from the water, so having your Pie in readiness, put in Butter; then put in your boiled Lettuce, with some Marrow, Raisins of the Sun stoned, Dates stoned and sliced thin, with some large Mace, and Nutmeg sliced, then put in more Butter, close it and bake it; then cut it open, and put in Verjuice, Butter and Sugar, and so serve it.

To stew a Neck of Mutton.

Put your Neck of Mutton cut in Steaks into so much Wine and Water as will cover it, with some whole Spice, let it stew till it be enough, then put in two Anchovies, and a handful of Capers, with a piece of sweet

ſweet Butter ſhake it very well, and ſerve it upon Sippets.

248. *To make a Pie of a roſted Kidney of Veal.*

Mince the Kidney with the Fat, and put to it ſome ſweet herbs minced very ſmall, a quarter of a pound of Dates ſtoned, and ſliced thin and minced, ſeaſon it with beaten Spice, Sugar and Salt, put in half a pound of Currans, and ſome grated bread, mingle all theſe together very well with Verjuice and Eggs, and make them into Balls, ſo put ſome Butter into your Pie, and then theſe Balls, then more Butter, ſo cloſe it and bake it;

Then cut it open, and put in Verjuice, Butter and Sugar made green with the Juice of ſome Spinage; add to it the yolks of Eggs.

249. *To make a Potato Pie.*

Having your Pie ready, lay in Butter, and then your Potatoes boiled very tender, then ſome whole Spice and Marrow, Dates and the yolks of hard Eggs, blanched Almonds

monds, and Pistacho Nuts, the Candied Pills of Citron, Orange and Limon, put in more Butter close it and bake it, then cut it open, and put in Wine, Sugar, the yolks of Eggs and Butter.

250. *To make a Pig Pie.*

Spit a whole Pig and rost it till it will flay, then take it off the Spit, and take off the Skin, and lard it with Hogs Lard, season it with Pepper, Salt, Nutmeg and Sage, then lay it into your Pie upon some Butter, then lay on some large Mace, and some more Butter, and close it and bake it: It is either good hot or cold.

251. *To make a Carp Pie.*

Take a large Carp and scale him, gut and wash him clean, and dry him well, then lay Butter into your Pie, and fill your Carps belly with this Pudding; grated bread, sweet herbs, and a little Bacon minced small, the yolks of hard Eggs and an Anchovie minced, also a little Marrow, Nutmeg, and then put in a little Salt, but a very little, and make some of this up in Balls, then Lard the Carp, sew up his

Belly, and lay him into your Pie, then lay in the Balls of Pudding, with some Oysters, Shrimps and Capers, and the yolks of hard Eggs and little Slices of Bacon, then put in large Mace and Butter, so close it and bake it, then cut off the Lid, and stick it full of pretty Conceits made in Paste, and serve it in hot.

252. *To make an Almond Tart.*

Take a Quart of Cream, and when it boils, put in half a pound of sweet Almonds blanched and beaten with Rosewater, boil them together till it be thick, always stirring it for fear it burn, then when it is cold, put in a little raw Cream, the yolks of twelve Eggs, and some beaten Spice, some Candied Citron Pill and Eringo Roots sliced, with as much fine Sugar as will sweeten it, then fill your Tart and bake it, and stick it with Almonds blanched, and some Citron Pill, and strew on some small French Comfits of several colours, and garnish your Dish with Almonds blanched, and preserved Barberries.

253. *To make a dainty White-Pot.*

Take a Manchet cut like Lozenges, and ſcald it in ſome Cream, then put to it beaten Spice, Eggs, Sugar and a little Salt, then put in Raiſins, and Dates ſtoned, and ſome Marrow; do not bake it too much for fear it Whey, then ſtrew on ſome fine Sugar and ſerve it in.

254. *To make a Red Deer Pie.*

Bone your Veniſon, and if it be a Side, then skin it, aud beat it with an Iron Peſtle but not too ſmall, then lay it in Claret Wine, and Vinegar, in ſome cloſe things two days and nights it it be Winter, elſe half ſo long, then drain it and dry it very well, and if lean, lard it with fat Bacon as big as your finger, ſeaſon it very high with all manner of Spices and Salt, make your Pie with Rye Flower, round and very high, then lay ſtore of Butter in the bottom and Bay-Leaves, then lay in your Veniſon with more Bay leaves and Butter; ſo cloſe it, and make a Tunnel in the middle, and bake it as long as you do great Loaves, when it is baked, fill it up with melted Butter, and

ſo keep it two or three months, ſerve it in with the Lid off, and Bay Leaves about the Diſh; eat it with Muſtard and Sugar.

255. *To make a Pie of a Leg of Pork.*

Take a Leg of Pork well powdred and ſtuffed with all manner of good Herbs, and Pepper, and boil it very tender, then take off the Skin, and ſtick it with Cloves and Sage Leaves, then put it into your Pie with Butter top and bottom, cloſe it and bake it, and eat it cold with Muſtard and Sugar.

256. *To make a Lamprey Pie.*

Take your Lamprey and gut him, and take away the Black ſtring in the back, waſh him very well, and dry him and ſeaſon him with Nutmeg, Pepper and Salt, then lay him into your Pie in pieces with Butter in the bottom, and ſome Shelots and Bay Leaves and more Butter, ſo cloſe it and bake it, and fill it up with melted Butter, and keep it cold, and ſerve it in with ſome Muſtard and Sugar.

257. *To make a Salmon Pie.*

Take a Joll of Salmon raw, and scale it, and lay it into your Pie upon Butter and Bay leaves, then season it with whole spice and a little Salt, then lay on some Shrimps and Oysters with some Anchovies, then more Spice and Butter, so close the Lid and bake it, but first put in some White Wine, serve it hot; then if it wants, put in more Wine and Butter.

258. *To make a Pudding of French Barley.*

Take French Barley tenderly boiled, then take to one Pint of Barley half a Manchet grated, and four Ounces of sweet Almonds blanched and beaten with Rosewater, half a Pint of Cream, and eight Eggs with half the Whites, season it with Nutmeg, Mace, Sugar and Salt, then put in some Fruit, both Raisins and Currans, and some Marrow, mingle these well together, and fill Hogs Guts with it.

259. *To make a Hasty pudding in a Bag or Cloth.*

Boil a Quart of thick Cream with six spoonfuls of fine Flower, then season it with Nutmeg and Salt, then wet a Cloth, and flower it and butter it, then boil it, and butter it, and serve it in.

260. *To make a shaking Pudding.*

Take a Quart of Cream and boil it, then put in some Almonds blanched and beaten, when it is boiled and almost cold, put in eight Eggs, and half the Whites, with a little grated Bread, Spice and Sugar, and a very little Salt;

Then wet Flower and Butter, and put it in a Cloth and boil it, but not too much, serve it in with Rosewater, Butter and Sugar, and strew it with small French Comfits.

261. *To make a Haggus pudding.*

Take a Calves Chaldron well scowred, boiled, and the Kernels taken out, mince it small, then take four or five Eggs, and half the Whites, some thick Cream, grated bread,

bread, Rosewater and Sugar, and a little Salt, Currans and Spice, and some sweet herbs chopped small, then put in some Marrow or Suet finely shred, so fill the Guts, and boil them.

262. *To make an Oatmeal pudding.*

Take the biggest Oatmeal and steep it in warm Cream one night, then put in some sweet herbs minced small, the yolks of Eggs, Sugar, Spice, Rosewater and a little Salt, with some Marrow, then Butter a Cloth, and boil it well, and serve it in with Rosewater, Butter and Sugar.

263. *To make puddings of wine.*

Slice two Manchets into a Pint of White Wine, and let your Wine be first mulled with Spice, and with Limon Pill, then put to it ten Eggs well beaten with Rosewater, some Sugar and a little Salt, with some Marrow and Dates, so bake it a very little, strew Sugar on it, and serve it; instead of Manchet you may use Naples Bisket, which is better.

264. *To make Puddings with Hogs Lights.*

Parboil them very well, and mince them ſmall with Suet of a Hog, then mix it with bread grated, and ſome Cream and Eggs, Nutmeg, Roſewater, Sugar and a little Salt, with ſome Currans, mingle them well together, and fill the Guts and boil them.

265. *To make Stone Cream.*

Boil a quart of Cream with whole Spice, then pour it out into a Diſh, but let it be one quarter conſumed in the boiling, then ſtir it till it be almoſt cold, then put ſome Runnet into it as for a Cheeſe, and ſtir it well together, and colour it with a little Saffron, ſerve it in with Sack and Sugar.

266. *To make a Poſſet Pie with Apples.*

Take the Pulp of roſted Apples and beat it well with Sugar and Roſewater to make it very ſweet, then mix it with ſweet Cream, and the yolks of raw Eggs, ſome Spice and Sack, then having your Paſte ready in your Bake-pan, put in this ſtuff and bake it a little, then ſtick it with Candied Pills, and ſo ſerve it in cold.

267. *To dry Pippins about* Christmas *or before.*

When your Houſhold Bread is drawn, then ſet in a Diſh full of Pippins, and about ſix hours after take them out and lay them in ſeveral Diſhes one by one, and flat them with your hands a little, ſo do twice a day, and ſtill ſet them into a warm Oven every time till they are dry enough; then lay them into Boxes with Papers between every Lay.

268. *To make Snow Cream.*

Take a Quart of Cream, and 4 Ounces of blanched Almonds, beaten and ſtrained, with half a Pint of White Wine, a piece of Orange Pill and a Nutmeg ſliced, and three Sprigs of Roſemary, mix theſe things together, and let them ſtand three hours, then ſtrain it, and put the thick part into a deep Diſh, and ſweeten it with Sugar, then beat ſome Cream with the Whites of Eggs till it be a thick Froth, and caſt the Froth over it to a good thickneſs.

269. *To boil Whitings or Flounders.*

Boil some White Wine, Water, and Salt, with some sweet Herbs and whole Spice; when it boils put in a little Vinegar, for that will make Fish crisp, then let it boil apace and put in your Fish, and boil them till they swim, then take them out and drain them, and make Sauce for them with some of the Liquor and an Anchovie or two, some Butter and some Capers, heat them over the Fire, and beat it up thick and pour it over them; garnish your Dish with Capers and Parsley, Oranges and Limons and let it be very hot when you serve it in.

270. *To make a Pie of a Gammon of Bacon.*

Take a *Westphalia* Gammon, and boil it tender with hay in the Kettle, then take off the Skin and stick it with Cloves and strew it with Pepper, then make your Pie ready, and put it therein with Butter at the bottom, then cover your Bacon with Oysters, parboiled in Wine and their own Liquor, and put

put in Balls made of Sauſage meat, then put in the Liquor of the parboiled Oyſters, ſome whole Spice and Bay Leaves, with ſome Butter, ſo cloſe it, and bake it and eat it cold, you may put into it the yolks of hard Eggs if you pleaſe; ſerve it with Muſtard, Sugar and Bay Leaves.

271. *To bake a Bullocks Cheek to be eaten hot.*

Take your Cheek and ſtuff it very well with Parſley and ſweet herbs chopped, then put it into a Pot with ſome Claret wine and a little ſtrong Beer, and ſome whole Spice, and ſo ſeaſon it well with Salt to your taſte, and cover your Pot and bake it, then take it out, and pull out the Bones, and ſerve it upon toſted bread with ſome of the Liquor.

272. *To bake a Bullocks Cheek to eat cold, as Veniſon.*

Take a Bullocks Cheek, or rather two fair Fat Cheeks, and lay them in water one night, then take out every bone, and ſtuff it very well with all manner of Spice and Salt, then put it into a Pot, one Cheek clapped

clapped close together upon the other, then lay it over with Bay Leaves, and put in a Quart of Claret Wine, so cover the Pot and bake it with Houshold Bread, when you draw it, pour all the Liquor out, and take only the fat of it and some melted Butter, and pour in again, serve it cold with Mustard and Sugar, and dress it with Bay Leaves, it will eat like Venison.

273. *To make a Bacon Froize.*

Take eight Eggs well beaten, and a little Cream, and a little Flower, and beat them well together to be like other Batter, then fry very thin slices of Bacon, and pour some of this over, then fry it, and turn the other side, and pour more upon that, so fry it and serve it to the Table.

274. *To make fryed Nuts.*

Take Eggs, Flower, Spice and Cream, and make it into a Paste, then make it into round Balls and fry them, they must be as big as Walnuts, be sure to shake them well in the Pan and fry them brown, then roul some out thin, and cut them into several shapes, and fry them, so mix them toge-

ther,

ther, and serve them in with Spice beaten and Sugar.

275. *To make a* Suffex *Pancake.*

Take only some very good Pie Paste made with hot Liquor, and roul it thin, and fry it with Butter, and serve it in with beaten spice and sugar as hot as you can.

276. *To make a Venison Pasty.*

Take a Peck of fine Flower, and three Pounds of fresh Butter, break your Butter into your Flower, and put in one Egg, and make it into a Past with so much cold cream as you think fit but do not mould it too much, then roul it pretty thin and broad, almost square, then lay some Butter on the bottom, then season your Venison on the fleshy side with Pepper grosly beaten, and Salt mixed, then lay your Venison upon your Butter, with the seasoned side downward, and then cut the Venison over with your Knife quite cross the Pasty to let the Gravie come out the better in baking, then rub some seasoning in those Cuts, and do not lay any else, because it will make it look ill-favoured and black, then put some paste rouled

rouled thin about the Meat to keep it in compass, and lay Butter on the top, then close it up and bake it very well, but you must trim it up with several Fancies made in the same Paste, and make also a Tunnel or Vent, and just when you are going to set it into the Oven, put in half a Pint of Claret Wine, that will season your Venison finely, and make it shall not look or taste greasie; thus you may bake Mutton if you please.

277. *To make a brave Tart of several Sweet Meats.*

Take some Puff paste, and roule it very thin, and lay it in the bottom of your baking-pan, then lay in a Lay of preserved Rasberries, then some more Paste very thin to cover them, then some Currans preserved, and then a Sheet of Paste to cover them, then Cherries, and another Sheet to cover them, then any white Sweet-Meat, as Pippins, white Plumbs or Grapes, so lid it with Puff-paste, cut in some pretty Fancy to shew the Fruit, then bake it, and stick it full of Candied Pills, and serve it in cold.

278. *To make Ice and Snow.*

Take new Milk and some Cream and mix it together, and put it into a Dish, and set it together with Runnet as for a Cheese, and stir it together, when it is come, pour over it some Sack and Sugar, then take a Pint of Cream and a little Rosewater, and the Whites of three Eggs, and whip it to a Froth with a Birchen Rod, then as the Froth arises, cast it upon your Cream which hath the Runnet in it, till it lies deep, then lay on Bunches of preserved Barberries here and there carelesly, and cast more Snow upon them, which will look exceeding well; then garnish your Dish being broad brim'd with all kind of Jellies in pretty fancies, and several Colours.

279. *To make a Mutton Pie.*

Cut a Loin or Neck of Mutton in steaks, and season it with Pepper and Salt, and Nutmeg, then lay it into your Pie upon Butter; the fill up your Pie with Apples sliced thin, and a few great Onions sliced thin, then put in more Butter, and close it and bake it, and serve it in hot.

280.

280. *To poach Eggs the best way.*

Boil Vinegar and Water together with a few Cloves and Mace, when it boils break in your Eggs, and turn them about gently with a Tin slice till the White be hard, then take them up, and pare away what is not handsom, and lay them on Sippets, and strew them over with plumped Currans, then take Verjuice, Butter and Sugar heat together, and pour over, and serve them in hot.

281. *A good Sallad in Winter.*

Take a good hard Cabbage, and with a sharp Knife shave it so thin as you may not discern what it is, then serve it with Oyl and Vinegar.

282. *Another Sallad in Winter.*

Take Corn Sallad clean picked and also well washed, and clear from the water, put it into a Dish in some handsom form with some Horse Radish scraped, and some Oyl and Vinegar,

283.

283. *To make Sorrel Sops for Green Geese or Chickens, or for a Sick Body to eat alone.*

Take a good quantity of French Sorrel clean picked, and ſtamp it in a Mortar, then ſtrain it into a Diſh, and ſet it over a Chafingdiſh of Coals, and put a little Vinegar to it, then when it is thick by waſting, wring in the Juice of a Limon and ſweeten it with Sugar, and put in a little grated bread and Nutmeg, then warm another Diſh with thin ſlices of white bread, and put ſome Butter to your Sorrel Liquor, and pour over them, ſerve them in with Slices of Limon and fine Sugar.

283. *To make Green Sauce for a powdred Leg of Pork, or for a Spring.*

Take a great quantity of French Sorrel, and pick out the Strings and waſh it well, and drain it clean from the water, then ſtamp it in a Mortar till it be extream fine, then put in grated bread and beat it again, then a few Currans and the yolks of hard Eggs, and when it is beaten to a kind of Pap, put in a little Vinegar and Sugar into it; ſo ſerve it in upon a Plate with your Meat. 285.

285. *To make* Vin de Molosso, *or Treacle Wine.*

Take fair Water and make it so strong with Molosses, otherwise called Treacle, as that it will bear an Egg, then boil it with a Bag of all kinds of Spices, and a Branch or two of Rosemary, boil it and scum it, and put in some sweet herbs or flowers, according to the time of the Year, boil it till a good part be consumed, and that it be very clear, then set it to cool in several things, and when it is almost cold, work it with yest, as you do Beer, the next day put it into the Vessel, and so soon as it hath done working stop it up close, and when it hath stood a fortnight, bottle it; this is a very wholesom Drink against any Infection, or for any that are troubled with the Phisick.

286. *For a Consumption an excellent Medicine.*

Take shell Snails, and cast Salt upon them, and when you think they are cleansed well from their slime, wash them, and crack their Shells and take them off, then wash them in the distilled Water of Hyssop, then put

put them into a Bag made of Canvas, with some White Sugar Candy beaten, and hang up the Bag, and let it drop as long as it will, which if you bruise the Snails before you hang them up, it is the better; this Liquor taken morning and evening a Spoonful at a time is very rare.

287. *A suitable Dish for Lent.*

Take a large Dish with broad brims, and in the middle put in blanched Almonds round about them, Raisins of the Sun, and round them Figs, and beyond them all coloured Jellies, and on the Brims Fig-Cheese.

288. *To make a Rock in Sweat-Meats.*

First take a flat broad voiding Basket; then have in readiness a good thick Plum Cake, then cut your Cake fit to the bottom of the Basket, and cut a hole in the middle of it, that the Foot of your Glass may go in, which must be a Fountain-Glass, let it be as high a one as you can get; put the foot of it in the hole of the Cake edgling that it may stand the faster, then tie the Cake fast with a Tape to the Basket, first cross one way and then another, then tie the foot

of

of the Glass in that manner too, that it may stand steady, then cut some odd holes in your Cake carelesly, then take some Gum Dragon steeped in Rosewater, and mix it with some fine Sugar, not too thick, and with that you must fasten all your Rock together, in these holes which you cut in your Cake you must fasten some sort of Biskets, as Naple Biskets, and other common Biskets made long, and some ragged, and some coloured, that they may look like great ill-favoured Stones, and some handsome, some long, some short, some bigger, and some lesser, as you know Nature doth afford, and some of one colour and some of another, let some stand upright and some aslaunt, and some quite along, and fasten them all with your Gum, then put in some better Sweet-meats, as Mackeroons and Marchpanes, carelesly made as to the shape, and not put on the Rock in a set form, also some rough Almond Cakes made with the long slices of Almonds (as I have directed before;) so build it up in this manner, and fasten it with the Gum and Sugar, till it be very high, then in some places you must put whole Quinces Candied, both red and white, whole Orange Pills and Limon Pills Candied; dried Apricocks, Pears and Pippins

pins Candied, whole Peaches Candied, then set up here and there great lumps of brown and white Sugar-candy upon the stick, which much resembles some clusters of fine Stones growing on a Rock; for Sand which lies sometimes among the little Stones, strew some brown Sugar; for Moss, take herbs of a Rock Candy; then you must make the likeness of Snakes and Snails and Worms, and of any venomous Creature you can think of; make them in Sugar Plate and colour them to their likeness, and put them in the holes that they may seem to lurk, and some Snails creeping one way and some another; then take all manner of Comfits, both rough and smooth, both great and small, and colour many of them, some of one colour and some of another, let some be white and some speckled, then when you have coloured them, and that they are dry, mix them together, and throw them into the Clefts, but not too many in one place, for that will hide the shape of your work, then throw in some Chips of all sorts of Fruit Candied, as Orange, Limon, Citron, Quince, Pear, and Apples, for of all these you may make Chips; then all manner of dryed Plumbs, and Cherries, Cornelions dryed, Rasps and Currans,

Currans; and in some places throw a few Prunelles, Pistacho Nuts, blanched Almonds, Pine Kernels, or any such like, and a pound of the great round perfumed Comfits; then take the lid off the top of the Glass and fill it with preserved Grapes, and fill another with some Harts-horn Jelly, place these two far from one another, and if you set some kind of Fowl, made in Marchpanes, as a Peacock, or such like, and some right Feathers gummed on with Gum-Arabick, set this Fowl stand as though it did go to drink at the Glass of Harts-horn Jelly, and then they will know who see it, that those two liquid Glasses serve for resemblance of several Waters in the Rock.

Then make good store of Oyster shells and Cockle shells of Sugar Plate, let some be pure white as though the Sea-water had washed them, some brown on the out side, and some green, some as it were dirty, and others worn away in some Places, some of them broke, and some whole, so set them here and there about the Rock, some edgling, and some flat, some the hollow side upward, and some the other, then stick the Moss, some upon the shells, and some upon the stones, and also little branches of Candied Fruit, as Barberries, Plumbs, and the like

like, then when all is done, sprinkle it over with Rosewater, with a Grain or two of Musk or Ambergreece in it; your Glass must be made with a reasonable proportion of bigness to hold the Wine, and from that, in the middle of it, there must be a conveyance to fall into a Glass below it, which must have Spouts for the Wine to play upward or downward, then from thence in another Glass below, with Spouts also, and from thence it hath a Conveyance into a Glass below that, somewhat in form like a Sillibub Pot, where the Wine may be drunk out at the Spout; you may put some Eringo Roots, and being coloured they will shew very well among the other Sweet-Meats, tie your Basket about with several sorts of small Ribbons: Do not take this for a simple Fancy, for I assure you, it is the yery same that I taught to a young Gentlewoman to give for a Present to a Person of Quality.

Always or Sea Rousleeke is verey good for the head acke if the fore head & temples is nointed with it mixt with vineyer & oyle of role of Roses & inwardly tacken is good for the Green sickness

The

TO THE READER.

Courteous Reader,

I *Think it not amiſs, ſince I have given you, as I think, a very full Direction for all kinds of Food both for Nouriſhment and Pleaſure, that I do ſhew alſo how to eat them in good order; for there is a Time and Seaſon for all things: Beſides, there is not any thing well done which hath not a Rule, I ſhall therefore give you ſeveral Bills of Service for Meals, according to the Seaſon of the Year, ſo that you may with eaſe form up a Dinner in your Mind quickly;*

afterwards I ſhall ſpeak of ordering of Banquets; but theſe things firſt, becauſe Banquets are moſt proper after Meals:

All you who are knowing already and Vers'd in ſuch things, I beſeech you to take it only as a Memorandum; *and to thoſe who are yet unlearned, I preſume they will reap ſome Benefit by theſe Directions; which is truly wiſhed and deſired by*

Hannah Woolly *aliàs* Chaloner.

A Bill of Service for extraordinary Feasts in the Summer.

1. A Grand Sallad.
2. A boiled Capon or Chickens.
3. A boiled Pike or Bream.
4. A Florentine in Puff-paste.
5. A Haunch of Venison rosted.
6. a Lomber Pie.
7. A Dish of Green Geese.
8. A Fat Pig with a Pudding in the belly.
9. A Venison Pasty.
10. A Chicken Pie.
11. A Dish of young Turkeys.
12. A Potato Pie.
13. A couple of Caponets.
14. A Set Custard.

The Second Course.

1. A Dish of Chickens rosted.
2. Souced Conger or Trouts.
3. An Artichoke Pie.

4. A cold Baked Meat.
5. A Souced Pig.
6. A Dish of Partridges.
7. An Oringado Pie.
8. A Dish of Quails.
9. Another cold Baked Meat.
10. Fresh Salmon.
11. A Dish of Tarts.
12. A Joll of Sturgeon.

The Third Course.

1. A Dish of fryed Perches.
2. A Dish of Green Pease.
3. A Dish of Artichokes.
4. A Dish of Lobsters.
5. A Dish of Prawns or Shrimps.
6. A Dish of Anchovies.
7. A Dish of pickled Oysters.
8. Two or three dried Tongues.

Another Bill of Fare for Winter Season.

1. A Collar of Brawn.
2. A Capon and White Broth.
3. A boiled Gurnet.
4. A Diſh of boiled Ducks or Rabbits.
5. A roſted Tongue and Udder.
6. A made Diſh in Puff-paſte.
7. A Shoulder of Mutton with Oyſters.
8. A Chine of Beef.
9. A Diſh of Scotch Collops of Veal.
10. Two Geeſe in a diſh.
11. An Olive Pie.
12. A Pig.
13. A Loin of Veal.
14. A Lark Pie.
15. A Veniſon Paſty.
16. A diſh of Capons, two in a diſh or three.
17. A diſh of Set Cuſtards.

The Second Course.

1. Young Lamb cut in Joints, three Joints in a Dish Larded.
2. A couple of Fat Rabbets.
3. A Kickshay fryed or baked.
4. A Dish of rosted Mallards.
5. A Leash of Partridges.
6. A Pigeon Pie.
7. Four Woodcocks in a Dish.
8. A Dish of Teal, four or six.
9. A cold baked Meat.
10. A good Dish of Plover.
11. Twelve Snites in a Dish.
12. Two Dozen of Larks in a Dish.
13. Another cold baked Meat.

The Third Course.

1. An Oyster Pie hot.
2. A Dish of fryed Puffs.
3. Three or four dried Neats Tongues.
4. A Joll of Sturgeon.
5. Laid Tarts in Puff-paste.
6. Pickled Oysters.
7. A Dish of Anchouies and Caveare.
8. A Warden Pie or Quince Pie.

Note,

Note, That when your last Course is ended, you must serve in your Meat-Jellies, your Cheeses of several sorts, and your Sweet-meats.

A Bill of Fare for lesser Feasts.

1. AN Almond Pudding boiled or baked.
2. A Dish of boiled Pigeons with Bacon.
3. A Leg of Mutton boiled with good Sauce, or a Leg of Pork.
4. A Dish of rosted Olives of Veal.
5. A Dish of Collops and Eggs.
6. A piece of rosted Beef.
7. A Dish of Scotch Collops.
8. A Loin of Veal.
9. A fat Pig rosted.
10. Two Turkies in a Dish.
11. A Venison Pasty.
12. A Dish of Pheasants or Partridges.
13. A Dish of Custards in little China Pots.

The Second Course.

1. Three or four Joints of Lamb roſted aſunder, though never ſo ſmall.
2. A Couple of Rabbits.
3. A diſh of Mallard, Teal or Widgeon.
4. A Leaſh of Partridges or Woodcocks.
5. A Pigeon Pie.
6. A diſh of Plovers or Snites.
7. A diſh of fat Chickens roſted.
8. A Warden or Quince Pie.
9. A Souced Pig.
10. A diſh of Tarts of ſeveral ſorts.
11. A diſh of Lobſters, or Sturgeon.
12. A diſh of pickled Oyſters.

A Bill of Fare for Fiſh Days and Faſting Days in Ember-week, or in Lent.

1. A Diſh of Butter newly Churned.
2. A diſh of Rice Milk or Furmity.
3. A diſh of Buttered Eggs.
4. A diſh of ſtewed Oyſters.
5. A diſh of Gurnets boiled.

6. A

6. A boiled Sallad.
7. A boiled Pike or two Carps ſtewed.
8. A diſh of Buttered Loaves.
9. A Paſty of Ling.
10. A diſh of Buttered Salt Fiſh.
11. A diſh of Smelts.
12. A diſh of White Herrings broiled.
13. A Potato Pie or Skirret Pie.
14. A diſh of Flounders fryed.
15. An Eel Pie or Carp Pie.
16. A diſh of fryed Whitings.
17. A diſh of Salt Salmon.
18. A diſh of Cuſtards.
19. A Joll of Sturgeon.
20. A diſh of Pancakes or Fritters.

The Second Courſe.

1. A diſh of Eels ſpichcockt.
2. A Fricaſie of Eels.
3. A diſh of fryed Puffs.
4. A diſh of Potatoes ſtewed.
5. A diſh of fryed Oyſters.
6. A diſh of blanched Manchet.
7. An Oyſter Pie with Parſneps.
8. A Pippin Pie Buttered.
9. A diſh of Buttered Shrimps.
10. Two Lobſters roſted.
11. A diſh of Tarts of Herbs.

12. A Dish of souced Fish.
13. A Dish of pickled Oysters.
14. A Dish of Anchovies and Caveare.

A Bill of Fare without Feasting; only such a number of Dishes as are used in Great and Noble Houses for their own Family, and for familiar Friends with them.

The First Course in Summer Season.

1. A Fine Pudding boiled or baked.
2. A Dish of boiled Chickens.
3. Two Carps stewed or a boiled Pike.
4. A Florentine in Puff-paste.
5. A Calves Head, the one half hashed, and the other boiled.
6. A Haunch of Venison rosted.
7. A Venison Pasty.
8. A Couple of fat Capons, or a Pig, or both.

The Second Course.

1. A Dish of Partridges.
2. An Artichoke Pie.
3. A Dish of Quails.
4. A cold Pigeon Pie.
5. A Souced Pig.
6. A Joll of fresh Salmon.
7. A Dish of Tarts of several sorts.
8. A *Westphalia* Gammon, and dryed Tongues about it.

A Bill of Fare in Winter in Great Houses.

1. A Collar of Brawn.
2. A Capon and White Broth, or two boiled Rabbits.
3. Two rosted Neats Tongues and an Udder between them.
4. A Chine of Beef rosted.
5. A made Dish in Puff-paste.
6. A Shoulder of Mutton stuffed with Oysters.

7. A

7. A fine Sallad of divers ſorts of Herbs and Pickles.
8. An Eel Pie or ſome other Pie.
9. Three young Turkies in a diſh.
10. A diſh of ſouced Fiſh, what is moſt in ſeaſon.

The ſecond Courſe in Winter in great Houſes.

1. A Quarter of Lamb roſted, the Joints Larded with ſeveral things, and roſted aſunder.
2. A Couple of Rabbits.
3. A Kickſhaw fryed.
4. A diſh of Mallard or Teals.
5. A cold Veniſon Paſty, or other cold Baked meat.
6. A diſh of Snites.
7. A Quince or Warden Pie.
8. A diſh of Tarts.
9. A Joll of Sturgeon.
10. A diſh of pickled Oyſters.

A Bill of Fare for Fish Days in Great Houses and at familiar Times.

1. A Dish of Milk, as Furmity, or the like.
2. A Dish of stewed Oysters or buttered Eggs.
3. A boiled Gurnet, or such like.
4. A Dish of Barrel Cod buttered.
5. A Dish of Buttered Loaves or fryed Toasts.
6. A Pasty made of a Joll of Ling.
7. A Potato Pie, or Skirret Pie.
8. A Dish of Plaice or Flounders.
9. A Piece of Salt Salmon.
10. A Carp Pie cold, or Lamprey Pie.

The Second Course to the Same.

1. A Dish of Eels spitchcockt.
2. A Chine of Salmon broiled.
3. A Dish of Oysters fryed.
4. An Apple-pie buttered.
5. A Dish of fryed Smelts.
6. A Dish of buttered Shrimps.
7. A Dish of Skirrets fryed.
8. Two Lobsters in a Dish
9. A Dish of pickled Oysters.
10. A Dish of Anchovies.

When all these are taken away, then serve in your Cheeses of all sorts, and also your Creams and Jellies, and Sweet-meats after them, if they be required.

Thus I have done with the Bills of Fare in Great Houses, although it be impossible to name half which are in season for one Meal; but this will serve you for the number of Dishes, and any Person who is inge-

nious

nious, may leave out some, and put in others at pleasure.

A Bill of Fare for Gentlemens Houses of Lesser Quality, by which you may also know how to order any Family beneath another, which is very requisite.

The First Course in Summer season.

1. A Boiled Pike or Carp stewed.
2. A very fine Pudding boiled.
3. A Chine of Veal, and another of Mutton.
4. A Calves head Pie.
5. A Leg of Mutton rosted whole.
6. A couple of Capons, or a Pig, or a piece of rost Beef, or boiled Beef.
7. A Sallad, the best in season.

The Second Course to the same.

1. A Dish of fat Chickens rosted.
2. A cold Venison Pasty.
3. A Dish of fryed Pasties.
4. A Joll of Fresh Salmon.
5. A couple of Lobsters.
6. A Dish of Tarts.
7. A Gammon of Bacon or dried Tongues.

After these are taken away, then serve in your Cheese and Fruit.

Note, That this Bill of Fare is for Familiar Times.

A Bill of Fare for Gentlemens Houses at Familiar Times in Winter Season.

The First Course.

1. A Collar of Brawn.
2. A rosted Tongue and Udder.
3. A Leg of Pork boiled.

4. A

4. A piece of rosted Beef.
5. A Venison Pasty or other Pie.
6. A Marrow Pudding.
7. A Goose, or Turkie, or Pig.
8. A Sallad of what's in Season.

The Second Course to the same.

1. Two Joints of Lamb rosted.
2. A Couple of Rabbits.
3. A Dish of wild Fowl or Larks.
4. A Goose or Turkie Pie cold.
5. A fryed Dish.
6. Sliced Venison cold.
7. A Dish of Tarts or Custards.
8. A Gammon of Bacon, or dried Tongues, or both in one Dish.

When these are taken away, serve in your Cheese and Fruit as before I have told you.

A Bill of Fare for Gentlemens Houſes upon Fiſh Days, and at Familiar Times.

1. A Diſh of Buttered Eggs.
2. An Almond Pudding Buttered.
3. A Diſh of Barrel Cod Buttered.
4. A Sallad of what's in ſeaſon.
5. A Diſh of Freſh Fiſh boiled.
6. A Diſh of Eels Spitchcockt.
7. An Oyſter Pie or Herring Pie.
8. A Fricaſie of Eels and Oyſters.
9. A Carp Pie cold, or Lamprey Pie.

The Second Courſe to the ſame.

1. An Apple Pie Buttered, or ſome Pancakes or Fritters.
2. A Diſh of fryed Smelts.
3. A Diſh of broiled Fiſh.
4. A Diſh of buttered Crabs.
5. A Diſh of Lobſters and Prawns.

6.

6. A Joll of Sturgeon or Fresh Salmon.
7. A Dish of Tarts or Custards.
8. A Dish of Anchovies or Pickled Herring.

When these are taken away, serve in your Cheese and Fruit as before I have told you.

Now

NOw becauſe I would have every one Complete who have a Deſire to ſerve in Noble or Great Houſes, I ſhall here ſhew them what their Office requires; And,

First, *For the Kitchin, becauſe without that we ſhall look lean, and grow faint quickly.*

THe Cook, whether Man or Woman, ought to be very well skill'd in all manner of things both Fiſh and Fleſh, alſo good at Paſtry buſineſs, ſeaſoning of all things, and knowing all kinds of Sauces, and pickling all manner of Pickles, in making all manner of Meat Jellies; alſo very frugal of their Lords or of their Maſters Ladies or Miſtreſſes Purſe, very ſaving cleanl

cleanly and careful, obliging to all persons, kind to those under them, and willing to inform them, quiet in their Office, not swearing nor cursing, nor wrangling, but silently and ingeniously to do their Business, and neat and quick about it; they ought also to have a very good Fancy: such an one, whether Man or Woman, deserves the title of a fit Cook.

For a Maid under such a Cook.

SHe ought to be of a quick and nimble Apprehension, neat and cleanly in her own habit, and then we need not doubt of it in her Office; not to dress her self, specially her head, in the Kitchin, for that is abominable sluttish, but in her Chamber before she comes down, and that to be at a fit hour, that the fire may be made, and all things prepared for the Cook, against he or she comes in; she must not have a sharp Tongue, but humble, pleasing, and willing to learn; for ill words may provoke Blows from a Cook, their heads being always filled with the contrivance of their busi-

buſineſs, which may cauſe them to be peeviſh and froward, if provoked to it; this Maid ought alſo to have a good Memory, and not to forget from one day to another what ſhould be done, nor to leave any manner of thing foul at night, neither in the Kitchin, nor Larders, to keep her Iron things and others clean ſcowred, and the Floors clean as well as places above them; not to ſit up junketting and gigling with Fellows, when ſhe ſhould be in Bed, ſuch an one is a Conſumer of her Maſters Goods, and no better than a Thief; and beſides, ſuch Behaviour favoureth much of Levity. But ſuch an one that will take the Counſel I have ſeriouſly given, will not only make her Superiours happy in a good Servant, but ſhe will make her ſelf happy alſo; for by her Induſtry ſhe may come one day to be Miſtreſs over others.

Now to the Butler.

HE ought to be Gentile and Neat in his Habit, and in his Behaviour, courteous to all people, yet very ſaving of his Maſters

Masters Goods, and to order himself in his Office as a faithful Steward, charge and do all things for the honour of his Master or Lady, not suffering their Wine or Strong Drink to be devoured by ill Companies, nor the Small to be drawn out in waste, nor Pieces of good Bread to lie to mould and spoil; he must keep his Vessels close stopped, and his Bottles sweet, his Cellars clean washed, and his Buttery clean, and his Bread-Bins wholsome and sweet, his Knives whetted, his Glasses clean washed, that there be no dimness upon them, when they come to be used, all his Plate clean and bright, his Table, Basket and Linnen very neat, he must be sure to have all things of Sauce ready which is for him to bring forth, that it may not be to be fetched when it is call'd for, as Oyl, Vinegar, Sugar, Salt, Mustard, Oranges and Limons, and also some Pepper; he must also be very neat and handy in laying the Clothes for the Chief Table, and also the Side-boards, in laying his Napkins in several Fashions, and pleiting them, to set his Glasses, Plate, and Trencher-Plates in order upon the Side-Boards, his Water-Glasses, Oranges or Limons; that he be careful to set the Salts on the Table, and to lay a Knife, Spoon and Fork at every

every Plate, that his Bread be chipped before he brings it in; that he set Drink to warm in due time if the season require; that he observes a fit time to set Chairs or Stools, that he have his Cistern ready to set his Drink in; that none be spilt about the Room, to wash the Glasses when any one hath drunk, and to wait diligently on them at the Table, not filling the Glasses too full; such an one may call himself a Butler.

To the Carver.

IF any Gentleman who attends the Table, be employed or commanded to cut up any Fowl or Pig, or any thing else whatsoever, it is requisite that he have a clean Napkin upon his Arm, and a Knife and Fork for his use; that he take that dish he should Carve, from the Table till he hath made it ready for his Superiours to eat, and neatly and handsomly to carve it, not touching of it so near as he can with his Fingers; but if he chance unawares to do so, not to lick his Fingers, but wipe them upon the Cloth, or his Napkin, which he hath so

that purpose; for otherwise it is unhandsome and unmannerly; the neatest Carvers never touch any Meat but with the Knife and Fork; he must be very nimble lest the Meat cool to much, and when he hath done, return it to the Table again, putting away his Carving Napkin, and take a clean one to wait withal; he must be very Gentile and Gallant in his Habit, lest he be deemed unfit to attend such Persons.

To all other Men-Servants or Maid-Servants who commonly attend such Tables.

THey must all be neat and cleanly in their Habit, and keep their Heads clean kembed, always ready at the least Call and very attentive to hear any one at the Table, to set Chairs or Stools, and not to give any a foul Napkin, but see that every one whom their Lord or Master is pleased to admit to their Table, have every thing which is fit for them, and that they change their Plates when need shall be; also that they observe the eyes of a Stranger what they

want, and not force them ſtill to want becauſe they are ſilent, becauſe it is not very modeſt for an Inferious to ſpeak aloud before their Betters; and it is more unfit they ſhould want, ſince they have leave to eat and drink: they muſt wait diligently, and at a diſtance from the Table, not daring to lean on the Chairs for ſoiling them, or ſhewing Rudeneſs; for to lean on a Chair when they wait, is a particular favour ſhewn to any ſuperious Servant, as the Chief Gentleman, or the Waiting Woman when ſhe riſes from the Table; they muſt not hold the Plates before their Mouths to be defiled with their Breath, nor touch them on the right ſide; when the Lord, Maſter, Lady or Miſtreſs ſhew that favour to drink to any Inferiour, and do command them to fill for them to pledge them, it is not modeſty for them to deny Strangers that favour, as commonly they do, but to fulfill their Commands, or elſe they diſhonour the Favour.

When any Diſh is taken off the Table, they muſt not ſet it down for Dogs to eat, nor eat it themſelves by the way, but haſte into the Kitchin with it to the Cook, that he may ſee what is to be ſet away, and what to be kept hot for Servants; when all is taken away, and Thanks given, they muſt help the

the Butler out with those things which belong to him, that he may not lose his Dinner.

They must be careful also to lay the Cloth for themselves, and see that nothing be wanting at the Table, and to call the rest of the Servants to Meals, whose Office was not to wait at the Table, then to sit down in a handsome manner, and to be courteous to every Stranger, especially the Servants of those Persons whom their Lord or Master hath a kindness for.

If any poor Body comes to ask an Alms, do not shut the Door against them rudely, but be modest and civil to them, and see if you can procure somewhat for them, and think with your selves, that though you are now full fed, and well cloathed, and free from care, yet you know not what may be your condition another day: So much to Inferiour Servants.

To the Gentlewomen who have the Charge of the Sweet-Meats, and such like Repasts.

Gentlewomen,

PErhaps you do already know what belongs to serving in fine Cream Cheeses, Jellies, Leaches or Sweet-meats, or to set forth Banquets as well as I do; but (pardon me) I speak not to any knowing Person, but to the Ignorant, because they may not remain so; besides really there are new Modes come up now adays for eating and drinking, as well as for Clothes, and the most knowing of you all may perhaps find somewhat here which you have not already seen; and for the Ignorant, I am sure they may ground themselves very well from hence in many accomplishments, and truly I have taken this pains to impart these things for the general good of my Country, as well as my own, and have done it with the more willingness, since I find so many Gentlewomen forced to serve, whose Parents and Friends have been impoverished by the late Calamities, *viz.* the late Wars, Plague and

and Fire, and to see what mean Places they are forced to be in, because they want Accomplishments for better.

I am blamed by many for divulging these Secrets, and again commended by others for my Love and Charity in so doing; but however I am better satisfied with imparting them, than to let them die with me; and if I do not live to have the comfort of your thanks, yet I hope it will cause you to speak well of me when I am dead: The Books which before this I have caused to be put in Print, found so good an acceptance, as that I shall still go on in imparting what I yet have so fast as I can.

Now to begin with the Ordering those things named to you:

If it be but a private Dinner or Supper in a Noble House, where they have none to honour above themselves, I presume it may be thus:

In Summer time, when the Meat is all taken away, you may present your several sorts of Cream Cheeses, One Meal one Dish of Cream of one sort, the next of another; one or two Scollop Dishes with several sorts of Fruit, which if it be small Fruit, as Rasps or Strawberries, they must be first washed in Wine in a Dish or Bason, and

taken up between two Spoons, that you touch them not.

With them you may ſerve three or four ſmall diſhes alſo with Sweet-meats, ſuch as are moſt in ſeaſon, with Vine Leaves and Flowers between the Diſhes and the Plates, two wet Sweet-meats, and two dry, two of one colour, and two of another, or all of ſeveral colours.

Alſo a Diſh of Jellies of ſeveral colours in one Diſh, if ſuch be required.

If any be left, you may melt them again, and put them into leſſer Glaſſes, and they will be for another time:

If any dry ones be left, they are ſoon put into the Boxes again.

If any perſons come in the Afternoon, if no greater, or ſo great as the Perſon who entertains them, then you may preſent one or two Diſhes of Cream only, and a whipt Sillibub, or other, with about four Diſhes of Sweet-meats ſerved in, in like manner as at Dinner, with diſhes of Fruit, and ſome kind of Wine of your own making; at Evenings, eſpecially on Faſting Days at Night, it is fit to preſent ſome pretty kind of Creams, contrary from thoſe at Dinner, or inſtead of them ſome Poſſets, or other fine Spoon Meats, which may be pleaſant

to

to the taste, with some wet and dry Sweetmeats, and some of your fine Drinks, what may be most pleasing.

At a Feast, you may present these things following.

So soon as the Meat is quite taken away, have in readiness your Cream Cheeses of several sorts and of several Colours upon a Salver, then some fresh Cheese with Wine and Sugar, another Dish of Clouted Cream, and a Noch with Cabbage Cream of several Colours like a Cabbage; then all sorts of Fruits in season, set forth as followeth:

First, You must have a large Salver made of light kind of Wood, that it may not be too heavy for the Servitor to carry, it must be painted over, and large enough to hold six Plates round about and one larger one in the middle, there must be places made in it to set the Plates in, that they may be very fast and sure from sliding, and that in the middle the seat must be much higher than all the rest, because that is most graceful; your Plates must not be so broad as the Trencher Plates at Meat, and should be either of Silver or China.

Set your Plates fast, then fill every one with several sorts of Fruits, and the biggest

sort in the middle, you must lay them in very good order, and pile them up till one more will not lie; then stick them with little green Sprigs and fine Flowers, such as you fancy best, then serve in another such Salver, with Plates piled up with all manner of Sweet-meats, the wet sweet-meats round about and the dry in the middle, your wet Sweet-meats must be in little glasses that you may set the more on, and between every two glasses another above the first of all, and one on the top of them all; you must put of all sorts of dryed Sweet-meats in the middle Plate, first your biggest and then your lesser, till you can lay no more; then stick them all with Flowers and serve them: And in the Bason of Water you send in to wash the Hands or Fingers of Noble Persons, you must put in some Orange Flower Water, which is very rare and very pleasant.

In Winter you must alter, as to the season, but serve all in this manner; and then dryed Fruits will also be very acceptable, as dryed Pears and Pippins, Candied Oranges and Limons, Citrons and Eringoes, Blanched Almonds, Prunels, Figs, Raisins, Pistachoes and Blanched Walnuts.

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Postscript.

NOw good Readers, here are three hundred and ten choice Receipts added for a Second Part of the *Queen-like Closet*, and you may, I am sure, make many more of them if you observe how many I have taught in one; if I had not taken that course, only for brevity sake, & that it might not

not be tedious and impertinent to you, I might have enlarged this Volume very much.

FINIS.

These things following are sold by *Richard Lowndes* Book-seller, at the *White-Lion* in *Duck-Lane* near *West-Smithfield.*

A Cordial Powder, which doth infallibly Cure the *Rickets* in Children, and causeth an easie production of Teeth.

Dr. *Lionel Lockyer's* Universal Pill, curing any Disease curable by Physick; it operates gently and safely, it being very amicable to Nature in purifying the whole Body throughout, and then subduing all Diseases, whether internal or external, as hath been experimented by persons of all sorts and sexes, both young and old, with admirable success.

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The famous Spirit of Salt of the World, well known for a ſoveraign Remedy againſt moſt Diſeaſes. Truly and only prepared by *Conſtantine Rhodocanaces*, Grecian, one of His Majeſties Chymiſts.

A SUPPLEMENT TO THE *QUEEN-LIKE* CLOSET; OR A LITTLE OF EVERY THING.

PRESENTED
To all Ingenious Ladies, and Gentlewomen.

By *HANNA WOOLLEY.*

LONDON,
Printed by *T. R.* for *Richard Lownds*, and are to be Sold at the Sign of the *White Lion* in *Duck-Lane*, 1674.

To all Ingenious

Ladies and Gentlewomen.

LADIES, The last I sent unto your view,
The Queen-like Closet *I presented you:*
And in it such rare Secrets, I may say,
In no Book you will find (though read you may.)
'Tis two low years past since first in print I came
More for my Countries good, than to get fame.
My study was to impart to others free,
What God and Nature hath informed me.
I must not hide that Talent God me gave,
Content I am others a share should have.
To practice what I teach; if pains they'l take,
Amends for all my Care they will me make.
Servant to Ingenuity I'le be,
Such Ladies *shall command all Arts from me.*
Nothing from them I'le hide, that's in my heart,
To wait on them I think it is my part.

And to confirm to them what I have writ,
Fearing no Censures, 'mongst them that have Wit.
If any one that Honour will me give,
To see me in the place where I do live,
I will them satisfie in every thing
That they desire, and vindication bring
Unto my self, who have been much abus'd
By a late printed Book, my Name there us'd:
I was far distant when they printed it,
Therefore that Book to own I think not fit.
To boast, to brag, tell stories in my praise,
That's not the way (I know) my Fame to raise;
Nor shall I borrow any Pen or Wit
(Innocence will hide what faults I do commit.)
My true intent is, for to serve you all
To Work, to Write, to Come when you do call.
Nor would I seem as dead while I do live,
No commendation to me would that give:
Nor like the idle Drone my time to pass,
But as the Bee, suck Hony from Flower and Grass
The Quintescence of what I have I send;
Accept it really, as I intend,
For to accomplish those who want the skill,
Their Tables to adorn and Closets fill.
To those of riper Judgment I submit,
To commend, or to censure what I've writ.

Thus Ladies, *I take leave, desiring still,*
Your pleasures and your fancies to fulfil.

H. W.

TO THE READER.

YOU find in my former Books Instructions, for *Cookery*, *Preserving*, Rare *Waters*, both Cordial and pleasant; *Cakes*, *Jellies*; several excellent Remedies for those in *Consumptions*, and for the *Stone*.

I shall now give you some Directions for washing Black, and White *Sarsnets*, or Coloured *Silks*; washing of *Points*, *Laces*, or the like; starching of *Tiffanies*, making clean *Plate*, cleaning of *Gold* and

and *Silver Lace*, washing *Silk Stockings*, adorning of *Closets* with several pretty Fancies; things excellent to keep the *Hands* white, and *Face* and *Eyes* clear; how to make *Transparent Work*, and the *Colours* thereto belonging; also *Puff Work*: Some more Receipts for *Preserving* and *Cookery*: Some Remedies for such *Ailments* as are incident to all People; as *Corns*, *Sore Eyes*, *Cut Fingers*, *Bruises*, *Bleeding at Nose*; all these you may help, by my Directions, with a small matter of Cost; whereas else, you may be at a great Charge and long Trouble, and perhaps endanger your *Eyes*, or *Limbs*. I shall give you none, but such things as I have had many years Experience of, with good success, I praise God.

As you dare confide in me, I pray make use of them: I hope you will not fear, since what I

have

have already imparted hath been found true, and hath benefited many.

Some are of that mind, that they value nothing but what is, *Far fetcht*, *Dear bought*, or *Hard to be had*, and will rather prize those things which are kept Secret, though if known, are but simple: And such are apt to slight what is made known to them, not regarding the *reality* of the Friend who doth impart it to them, meerly out of their Good-will, and to save their Purses. Such is the *vanity* of this wicked World, that whatsoever one doth out of a sincere and Christian-like mind; yet it is slighted. I may compare it to those words in the *Gospel*, which says, *Cast not Pearl before Swine*. And, if *Gallen*, and *Hippocrates* and *Paracelsus* were alive, or any of the Wisest Philosophers, and should declare in Writing all

their

their Skill, and lay those Writings down to the view of every Eye, not one in ten would believe it. For my part, I am of that mind, never to condemn any Man till I prove it false; nor publickly to commend any thing, till I find it good. You may believe me, if you please; and as you find the Truth, so trust me.

I have been *Physician* and *Chirurgion* in my own House to many, and also to many of my Neighbours, eight or ten Miles round. I think it not amiss to recite some of those Cures I have done, the Places where I have done them, and upon whom; but cannot particularly tell you with what, where the Cure is difficult; because there is in those cases a good Judgment required; and I use those things in those Cases which are not Common Receipts, which may as wel Kill, as Cure; but such things as I

find

find proper to take away the Cauſe of the Diſtemper; Experience with much Reading muſt give that underſtanding. I dare not therefore adventure to teach, but only thoſe things wherein People cannot eaſily Erre, and by which they may receive good.

For the reſt of what I have ſpoken, and for many other things which I cannot in few words relate, if any Perſon will come to me, I will ſatisfie them to their content; and be

Their Friend,

and Servant,

H. Woolley.

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AN Advertiſment.

IF *any Perſon deſire to ſpeak with me, they may find me at Mr.* Richard Wolleys *Houſe in the* Old-Baily *in* Golden Cup *Court; He is Maſter of Arts, and Reader at St.* Martins Ludgate. *They may have of me ſeveral Remedies for ſeveral Diſtempers, at reaſonable Rates. Likewiſe, If any Gentlewomen, or other Maids, who deſire to go forth to Service, and do want Accompliſhment for the ſame: For a reaſonable Gratuity I ſhall inform them*

them what I am able; and if I see that they are Ingenious, and deserving, or obliging in their disposition; neat and cleanly in their Habit; not too costly, yet decent; lively Spirited, not bold; and that can give me a good account of their Parentage, and truly tell me how, and where they have spent their time: I shall not only be willing to Instruct them, but, as occasion serves, be ready to give Commendations of them to some Friend or other of mine, who may want a Servant.

The

A Supplement
TO THE
Queen-like Closet:
OR,
A little of every Thing.

Imprimis: *To ſtarch Tiffany.*

DO not ſoap your Tiffany, ſave only on the hems or laces, with Crown Soap, then waſh them very well in three ladders pretty hot, and let your laſt ladder be made thin of the Soap, do not wrinſe them nor wring them hard, then dry them over Brim-

ſtone, and keep them all the time from the Air, for that will ſpoil them.

Then make your ſtarch of a reaſonable thickneſs, and blew it according to your liking, and to a quarter of a pound of Starch, put as much Allom as an Haſel Nut; boyl it very well and ſtrain it, and while it is hot, wet your Tiffanies with it very well, and lay them in a Cloth to keep them from drying, then waſh your hands clean and dry them, then hold your Tiffanies to a good fire till they be through hot, then clap them and rub them between your hands from the fire till you ſee they be very clear, then ſhape them by a piece of Paper cut out by them before they were waſhed, and iron them with a good hot Iron, and then they will look gloſſie like new Tiffany.

Thus you may ſtarch Lawns; but obſerve to iron them on the wrong ſide, and upon a Cloth wetted and wrung out again. Sometimes (if you pleaſe) inſtead of Starch you may lay Gum-Arabick in water, and when it is diſſolved, wet your Lawns in that inſtead of Starch, and hold them to the fire as before directed, clapping them and rubbing them till they are very cleer.

To make clean Points or Laces.

Take white Bread of half a day old, and cut it in the middle, and pare the Crust round the edge, so that you may not hurt your Points when you rub them, then lay them on a Table upon a clean Cloth, and rub them very well with the white Bread all over, then take a clean little brush and rub over the Bread very well, till you think you have rubbed it very clean, then take your Point or Lace and shake the Bread clean off; then brush it very well from the Bread, and take a clean linnen Cloth and gently flap it over oft-times.

Thus you may get the soil off from white Satten, Tabby, Taffety, or any Coloured Silk; provided it be not greazy nor too much soiled.

To wash and starch Points.

Take your Points and put them into a tent, then make a strong ladder with the best Soap you can get; then dip a brush in that ladder and soundly rub your Point on both sides; so do till you

have waſhed it in four ladders, then waſh it in fair water alone, then with blew water; and when you have ſo done, take Starch made thin with Water, and with your bruſh on the wrong ſide waſh it over with it, ſo let it dry: then lay your tent upon a Table, and with an Ivory bodkin made for the purpoſe run into every cloſe and narrow part of it, to open it betwixt the gimp or over-caſt; likewiſe into every Ilet hole to open them.

For the Laces after you have pulled them out well with your hands, you muſt iron them on the wrong ſide.

Let your water be warm wherewith you make your ladder.

When you take them out of the tent, iron them on the wrong ſide: let not the water be too blew with which you waſh them.

To waſh White Sarſnets.

Lay them very ſmooth and ſtreight upon a Board, and if there be any dirty plats ſoap them a little, then take a little hard bruſh and ſoap it well, then dip that bruſh in water, and with it make a pretty thick ladder, then take the bruſh and

rub

rub your Sarſnet well, the right way of the Sarſnet ſide-waies of the bruſh, and when you have waſhed one ſide well, turn it and waſh the other.

Then have a clean ladder ſcalding hot, and caſt your Hoods in double into it, and cover it, and ſtill as faſt as you waſh them caſt them into that; you muſt give them three good waſhes upon the board, and after the firſt ladder let the other be very hot, and caſt them in a ſcald every time, then make up a ſcalding hot ladder, into which put ſome Gum-Arabick, ſteeped before in water, and ſome ſmalt to blew it a little, let them lie doubled up in that, cloſe covered for one hour; when you come to take them out, be ſure you dip them very well all over, and then fold them up to a very little compaſs, and ſqueeze them ſmooth betwixt your hands, then ſmoak them over Brimſtone, then draw them between your hands every way till they be little more than half dry, then ſmooth them with good hot Irons the ſame way you did waſh them, and upon the right ſide of the Sarſnet.

To wash Coloured Silk.

They are done the same way with the White, only there must be no blew, nor smoaking over brimstone.

To wash Black Sarsnets.

They are washed the very same way with the other, only wrinsed in strong Beer cold, without any Gum, and iron'd upon the wrong side, and on a woollen Cloth.

To wash Silk Stockings.

Make a good strong ladder with Soap, and pretty hot, then lay your stockings on a Table, and take a piece of such Cloth as the Sea-men uses for their Sails, double it up and rub them soundly with it; turn them first on one side, and then on the other, till they have past through three ladders, then wrinse them well, and hang them to dry with the wrong sides outward; and when they are near dry, pluck them out with your hands, and smooth them with an Iron on the wrong side.

To make clean Gold and Silver Lace.

Take the Lace off from your garment, and lay it upon a Table, and with a brush rub it all over very well with burnt Allom beaten fine, till you find it to become of the right colour, then shake it very well, and wipe it very well with a clean linnen Cloth often times over.

To get spots of Ink out of any linnen Cloth.

Before that you suffer it to be washed, lay it all night in Urine, the next day rub all the spots in the Urine, as if you were washing in water, then lay it in more Urine another night, and then rub it again, and so do till you find they be quite out.

To get the stains of Fruit out of any linnen Cloth.

Take them before they are washed, and with a little Butter rub every spot very well, then let the Cloth lye in scalding-hot Milk a while, and when it is a little cooled, rub the spotted places in the Milk till you see they are quite out, and then wash it in Water and Soap.

To take out any greaſie ſpots out of Silk, Stuff, or Cloth.

Take a linnen rag and wet it very well in fair water, then with a pair of tongs put a live Sea-coal or Wood-coal upon the wet rag, and haſtily cloſe the reſt of the rag about the coal, and preſently lay it upon the greaſie ſpot while it is ſmoaking hot; and when you do perceive it to be cool do ſo again, and ſo do till you find they are quite taken out.

To make clean Plate.

Waſh your Plate firſt in Soap-ſuds and dry it, then if there be any ſpots, rub them out with Salt and Vinegar.

Then when you have ſo done anoint your Plate all over with Vinegar and Chalk, and lay it in the Sun or before the fire to dry, then rub it off with warm clean linnen Cloths very well, and it will look like new.

To keep the Hair clean, and to preſerve it.

Take two handfuls of Roſemary, and boil it ſoftly in a quart of Spring-water till it comes to a pint, and let it be cove-

red

red all the while, then strain it out and keep it; every Morning when you Comb your head, dip a sponge in this water and rub up your Hair, and it will keep it clean and preserve it, for it is very good for the brain, and will dry up Rheum.

To wash the Face.

There is no better thing to wash the face with, to keep it smooth and to scour it clean, than to wash it every night with Brandy, wherein you have steeped a little flower of Brimstone, and the next day wipe it only with a Cloth.

To make a Salve for the Lips.

Take two ounces of white Bees-wax and slice it thin, then melt it over the fire with 2 ounces or more of pure, sallad Oyl and a little white Sugar Candy, and when you see that it is well incorporated take it off the fire, and let it stand till it be cold. Then set the skillet on the fire again till the bottom is warm, and so turn it out; anoint your Lips or sore Nose, or sore Nipples with this, and it will heal.

To keep the Teeth clean and ſound.

Take common white Salt one ounce, as much of Cuttle-bone beat, them together, and rub your Teeth with it every Morning, and then waſh them with fair water.

I have ſpoken enough concerning your Cloaths, and Face and Hands; now I will give you direction for to be your own Chirurgions and Phyſicians, unleſs the caſe be deſperate: but before I begin to teach, be pleaſed to take notice of what Cures I have done, that you may be aſſured of my ability.

FIrſt, Take notice that my Mother and my Elder Siſters were very well skilled in Phyſick and Chirurgery, from whom I learned a little, and at the age of ſeventeen I had the fortune to belong to a Noble Lady in this Kingdom, till I Married, which was at twenty four years (thoſe ſeven years I was with her) ſhe finding my genius, and being of a Charitable temper to do good amongſt her poor Neighbours, I had her purſe at command to buy what Ingredients might be

be required to make Balsoms, Salves, Oyntments, Waters for Wounds, Oyls, Cordials and the like; besides she procured such knowledge for me from her Physicians and Chirurgions (who were the best that all *England* could afford) and also bought many Books for me to read, that in short time, with the help of those Worthy men before mentioned, I soon became a Practitioner, and did begin with Cut fingers, Bruises, Aches, Agues, Head-ach, Bleeding at the Nose, Felons, Whitloes on the Fingers, Sore Eyes, Drawing of Blisters, Burnings, Tooth-ach, and any thing which is commonly incident; and in all those Cures God was pleased to give me good success.

When I was about the age of two and twenty years, I was sent by this Noble Lady to a Woman in hard labour of Child, who being quite wearied out with her pains, she fell into strong Convulsion fits, which greatly endangered both her self and her Child; but by Gods help those Remedies which I gave her caused her Fits to cease, and a safe Delivery followed.

When

When I was Married to Mr. *Wolley*, we lived together at *Newport Pond* in *Eſſex* near *Saffron Walden* ſeven years; my Husband having been Maſter of that Free-School fourteen years before; we having many Boarders my skill was often exerciſed amongſt them, for oftentimes they got miſhaps when they were playing, and oftentimes fell into diſtempers; as Agues, Feavors, Meazles, Small-pox, Conſumptions, and many other Diſeaſes; in all which, unleſs they were deſperately ill, their Parents truſted me without the help of any Phyſician or Chirurgion: likewiſe the Neighbours in eight or ten miles round came to me for Cure.

A Woman vvho had had a ſore Leg one and twenty years I quite Cured.

Another being kicked by a Churliſh Husband on her Leg, ſo that a Vein vvas burſt, whereby ſhe loſt at the leaſt a pottle of Blood; I ſtayed the Blood and cured her Leg.

A young Maid as ſhe vvas cutting Sticks vvith an Ax, by chance cut her Leg ſorely, ſhe having long time been afflicted vvith the Green-ſickneſs and Dropſie; I not only Cured her Leg, but alſo her other Diſtempers at the ſame time.

A

A Gentleman having got a bruise on his Leg by the lash of a Whip, and being in a desperate condition with it, so that he was in danger of his life, I in a competent time did Cure.

Many of the Convulsion-fits, and Rickets among Children I did Cure.

One being bitten with a Mad-Dog, I in very short time did Cure him.

Several Women who had sore Breasts and sore Nipples, I Cured.

Many who had violent fits of the Stone, I eased them.

A Man being much bruised with the fall of a Cart upon him, I cured.

One being much bruised by Rogues meeting him on the way, and after they had beaten him down, kicked him on one side of his Head, so that his Ear was swelled you could see no shape it had, and withal fell into a Feavor: I, by Gods help did Cure.

A Woman who for divers Months had a very great Flux upon her, I speedily Cured.

A man lying sick of the Meazles, and being all struck in, so that it was thought he could not possibly have lived, I gave him a Cordial which brought them forth again and recovered him.

A Child of a year old being taken with the ſhaking Palſie, I Cured.

A Man having a Pitch-fork run into the Corner of his Eye, I Cured.

A Woman having a Stick run into the corner of her Eye, I Cured.

A little Boy falling from a Bridge into a little River, cut his Head ſo with a ſtone, that while I had it in Cure there came forth a ſliver of the Skull; I Cured.

A Man taken ſuddenly with an Apoplex, as he walked the Street, his Neighbours taking him into a Houſe, and as they thought he was quite dead, I being called unto him, chanced to come juſt when they had taken the Pillow from his Head, and were going to ſtrip him; but I cauſed him to be ſet upright, and his mouth to be open by force, then did I give him ſomething out of a little glaſs, and cauſed him to be rubbed and chaffed, and Air to be given him, ſo that in a little time he came to himſelf and knew every one: He lived about ten hours after, and gave God and me thanks, that he was not taken away in that condition, but gave him ſence to make his Peace with God and to order what he had left. I willed him

him to send for a Physician; which he did, who did approve of what I had done, but could not save his life.

A Woman being struck with a staff upon the Lip, so that it was cut asunder with the blow: I in short time Cured.

Many I did cure in that Town, which were burned with Fire, and some scalded, and none of them had a Scar.

A Girle about twelve years of Age being taken with a Lethargy, and after I had brought her out of it she fell into strong and strange Convulsion-fits, which in few weeks I did perfectly Cure.

After these Seven years were past, we lived at *Hackney*, near *London*, where we had above threescore Boarders, and there I had many more Trials for my Skill both at home and abroad.

I Cured my own Son of an Impostume in the Head, and of a deep Consumption, after the Physicians had given him over.

I Cured a Woman of Threescore years old, who had lyen Bed-ridden half a year of a Timpany, and was not able to help her self: This Cure I did in three days.

I Cured a Man-ſervant to a Gentleman, who had a ſore Leg by a fall from an high place, and it was grown ſo dangerous, that it was thought incurable.

I Cured a Bricklayer who had a ſore Leg by the fall of Timber, and becauſe he was poor his Chirurgion gave it over.

I Cured a Shoe-maker of a ſore Leg, who had ſpent three pounds on it before he came to me.

I Cured a poor Woman of a ſore Leg, who was adviſed by a Chirurgion to have it cut off.

A Cancer in the Noſe I have Cured.

Cankers in the Mouth and Throat.

The Green-ſickneſs in many. Dropſie, Jaundies, Scurvy, Sciatica, Griping of the Guts, Vomiting and Looſneſs.

And for the Pallie, whether Dead or Shaking, I am ſure none can give better Remedies, nor know it better than I do, having bought my Experience at a dear rate; there is none who have been more afflicted with it than my ſelf, and (I humbly bleſs God for it) there is no Perſon more freer from it than my ſelf, nor from any other Diſeaſe, and that is very much, I being now in my Two and fiftieth year.

Much

Much more I could say, but I think I need not; for they who do believe any thing I write, will, I hope, have confidence to make use of these Receipts I shall give them without any fear. It is altogether as necessary that you should know how to keep your Bodies in health, to preserve your Eye-light and your Limbs, as it is to Feed or Cloath your self. Therefore the more fully to accomplish you, let me perswade you not to slight, but to value what I shall teach, and give God the glory, who out of so mean things as I shall name, he should, of his goodness to us, create in them so great a vertue. I do not attribute any thing but to his alone power, and give him praise when he pleaseth to make me an Instrument of doing good.

For any Ague whatever.

TAke of the dried leaves of Lawrel which is esteemed in Gardens: Take of the fine powder thereof as much as will lie upon a sixpence by heap, mix it vvith any liquid thing, and take it one hour or two before the fit comes; do this three times and go to bed, and keep warm.

The best thing to give it in is Treacle-water, Cardus-water, or Dragon-water.

For the falling Sickness.

Take a live Mole, and cut the throat of it into a Glass of Whitewine, and presently give it to the party to drink at the New and Full of the Moon (*viz.*) the day before the New, the day of the Nevv, and the day after, and so at the Full.

This vvill Cure absolutely, if the Party be not above forty years of Age.

For

For an extream Rheum falling from the Head.

Take ſome *Lucatelia* Balſom, and ſpread it thin upon the ſmooth ſides of red Sage leaves, take five or ſix of theſe leaves with the other ſide downward upon a few embers of Wood Coals, and take the ſmoak through a paper tunnel into your mouth; thus do every morning till you find a Cure.

For Worms, a miraculous Cure.

Let the party drink their own Water with a little Methridate mingled therein, for three days together in the morning faſting, and walk after it.

A moſt excellent Oyntment for all manner of ſwellings and ſores, and for the Kings Evil, it will diſſolve it if it be to be diſſolved, it will both break and heal; it is good alſo for ſore Eyes if anointed therewith.

Take one pint of the juyce of *Cellondine*, and boil it in one pound and half of new Butter never ſalted, till you may by your judgment think it to be enough,

ſo

ſo keep it in a Gally-pot for your uſe, and when you apply it let it be warm, and bath the place well, if it be not broken, but if it be broken, then dip fine linnen Cloths in it and lay on twice in the day, anoint ſore Eyes gently with a Feather, every night till they are well.

A moſt excellent Balſom for Wounds.

Take a pint of the pureſt ſallad Oyl, and put to it four ounces of common Brimſtone beaten fine, and ſet it in the Sun for three weeks or more before you uſe it.

If the Wound be inflamed, ſpread ſome conſerve of Red-roſes upon a linnen Cloth, and lay on over night, the next Morning bath it well with Brandy, and then lay on this Balſom with a Feather warm, uſe the Conſerve of Roſes till you find the inflammation to be quite gone, and if you perceive proud fleſh to grow in the Wound, then lay in a little burnt Allom after you have waſhed it, before you lay on the Balſom.

Conſerve of Red-roſes is alſo very good to lay upon inflamed Eyes, moiſtned firſt with a few drops of Plantain Water,

For Madneſs, and for fumes in the Head.

Rub the ſoles of the Feet with the Spirit of Brandy every night, and apply the Herb Henbane, bruiſed with a little Nutmeg and Whitewine Vinegar to the Temples; it will eaſe pain in the Head, and cauſe the Party to ſleep.

For pain in the Bones.

Anoint the place grieved with Dogs greaſe every night by the fire, and wear ſocks cut out of a Bears skin in their Shoes every day, and their pain will be gone.

For the Leproſie, or any other venemous Humour.

Swallow every twelve hours a bullet of Gold, and ſtill as you void one waſh it in Treacle-vvater, and at the due hour ſwallow it again; continue doing this a long time and it vvill Cure.

To kill Rats.

Fry a Spung in Butter and hang it by a ſtring, and the Rats vvill forſake the Room.

To

To Cure a Horſe of a Cold, though he hath had it never ſo long a time.

Take two new laid Eggs, put them into an Earthen-pot, and then put in as much Whitewine Vinegar as will cover them, then cover them cloſe and put them into a Horſe-dunghill and cover it over with the dung, ſo let it ſtand twelve hours, then pour it down the Horſes throat ſhells and all, and gallop him after it, and Cloath him very warm; be ſure you give it him three or four times, but there muſt be a day between every time.

For a Cow that Stales bloud.

Take a good handful of the Herb called Peruwinckle and bruiſe it, and boyl it in a quart of Ale till it comes to a pint, then ſtrain it and give it her to drink; do ſo three times. Peruwinckle hath alſo an excellent vertue to ſtench bleeding at the Noſe in Chriſtians, if it be made into a garland and hung about the Neck.

An excellent Medicine for the Cold Gout.

Take Stone-pitch three drams, pound it to duſt, and ſet it over the fire; Venice Turpentine ſo much as being mingled with the Pitch, will make it ſpread when the Pitch is cold; the beſt Turmerick, 5 or 6 Races beaten to powder, Letharge of Gold half an ounce; mix all theſe together when you have warmed the Pitch, and work them together that all may become one ſubſtance, and uſe it for your Plaiſter, following the Gout as it ſhall remove.

For the Hot Gout, A moſt admirable Medicine.

Take the Bones of a Horſes Legs, break them, and take the Marrow out of them and waſh it clean, it muſt be the whiteſt Marrow, waſh the Bones alſo, and put both the Marrow and them into a Kettle with Running-water, and ſet them a boyling, ſcim off the firſt riſing for that will be froth, then ſcim of all the reſt that ariſeth and ſave it, as you

do the Neats-foot Oyl; then take of Iſſop, Time, Camomile, Roſemary, and ſix leaves of red Sage (of all) the quantity of a handful, and when you have got as much Oil as you can, then boil the Herbs in it for a quarter of an hour, then ſtrain it and keep it in a Gally-pot or Glaſs; the quantity of a ſmall Nut will go a great way; you muſt ſtrip the Roſemary and Time upwards, and be ſure you put in none of the ſtalks; put in as much Sothernwood-tops and of Lavender Cotton, as you did of each of the other Herbs, and boil them with the other, keep it well from the Air.

An excellent Gliſter to Cool and Bind.

Take a quart of new Milk, and a handful of Knot-graſs, as much of Bramble, as much of ſmall Plantain; boil theſe together in the Milk, then ſtrain it, and put in ſix penny weight of Bolearmoniack, and adminiſter it blood-warm.

For

For the running-Gout, or any hot Tumor.

Take Mallows, Violet leaves, Marſh-Mallows, Melilot, of each two handfuls, Linſeeds beaten two ounces, Crumbs of Bread as much; boil theſe in Milk and make a Poultis therewith; then put into it a little Oil of Roſes, and apply it to the grieved place very warm twice a day.

To Cure a Deafneſs which is cauſed by the ſtoppage of the Ears by wax.

If it hath been long, then drop into the Ear a little of Bitter-Almonds warmed, for a week together every Night; when the Party is in Bed then take a little warmed Sack, with as much of the beſt white Anniſeed-water, and ſeringe the Ears with it once a day for three days together, and keep them ſtopped with black Wool. If they have been deaf but a little while, then the Wine with the Anniſeed-water will be ſufficient, without the Oil of Almonds.

For the falling down of the Mother.

Take Smiths Water and Oaken leaves, or the Bark of Oak, and boil them well in a Pewter diſh cloſe covered, then ſtrain it through a Cloth; wet Cloaths therein and apply them hot two or three times in a Night when you go to Bed: Thus do for a week together, and keep your ſelf warm in the day time.

A moſt excellent Plaiſter for the Gout, wherewith a Gentleman as I knew was Cured after all the Chirurgions had given him over.

Take half a pound of un-wrought Wax, half a pound of Roſin, one ounce of Olibenum, four ounces of Letharge of Gold, three quarters of a pound of White-lead finely beaten and ſearced; then take a pint of Neats-foot Oyl, ſet it on the fire with the Wax and Roſin, and when it is melted put thereto the other powders, and ſtir it faſt with a ſtick till you find it be enough: ſo make it up in Rouls, and keep it for your uſe, and when you feel any pain apply it upon linnen.

For the biting of a Mad-dog, taught by Doctor Mathias.

Take of Rue, of Garlick, of ſcraped Pewter, of each two ounces, of Venice-Treacle one ounce, of Muſcadine one quart; put all theſe into it, ſtop it cloſe and boil it in a Kettle of water for the ſpace of two hours, then pour off the cleareſt, and apply ſome of the dregs to the place bitten, and give the Patient two ſpoonfuls to drink of the Liquor, Morning and Evening for nine days together. This never failed Man nor Beaſt.

To make the Oil of Charity.

Take Roſemary, Sage, Lavender, Camomile, the leſſer Valerian, of each one handful; cut them ſmall and put them into Oyl-Olive, let it be very thick with the Herbs, let it infuſe ſeven daies in the Sun; then take the Glaſs wherein they are and wind about the bottom a little Hay, and ſet it into a Kettle of ſeething Water, and let it ſtand two hours; then ſtrain it out and put in Herbs, and do as before, ſo do three times; then put in Valerian alone and do as before, then

ſtrain it and let the Oyl ſettle: keep the cleareſt for Chriſtians, and the grounds and Herbs for Beaſts.

The Vertues.

It healeth green-Wounds and Bruiſes (if inwardly:) Take a ſpoonfull of the cleareſt Oil in a little warm Poſſet-drink, and go to Bed and ſweat after it. It cureth the Tooth-ach if it comes of a cold Rheum, dipping Clothes in it and lay to the Cheek. It is good for all Aches that come of Cold. It is good for Deafneſs, if it be dropped into the Ear warm; if firſt the head be carefully opened with the ſteam of red-Sage and Milk boiled together. It will alſo Cure or knit together a broken Rib.

To Cure a Timpany. Proved by me.

Take ſhell-Snails, crack their ſhells and take them off, then put the Snails into a Cullender for a little while to drain, then beat them in a Wooden-Boul or Mortar till you find they are well beaten; then warm it a little in a ſtone-Pan and ſpread it upon Sheeps-leather, and lay it all over the Belly when the Party goes to Bed, and bind it on: the next Morning take it off, and lay in the ſtead thereof a warm Cloth. Thus do three Nights together.

To

To make the Black-water, to Cure a Thistolow Woolf; Noli me tangere; *or any Tetter or Scald*; *or any other Sores.*

Take the fatteſt Wool about the Cod of a Sheep, dry it in an Oven after Houſhold-Bread is drawn; then beat it into fine powder; put to it a ſufficient quantity of white Roſe-water, with a little Mercury ſublimate, and ſo apply it to the grieved places, by wetting linnen Rags and lay it on warm.

A moſt excellent Diet-drink for any Diſeaſe, cauſed by ſharp or foul Humors.

Take Saſa-perilla 4 ounces, Saſafraswood 4 ounces, and China-root 1 ounce, 4 handfuls of Egrimony, 4 handfuls of Colts-foot, 4 handfuls of Scabions, 2 penny worth of Marſh-Mallow-root, one handful of Betony, 1 handful of Ladies-mantle, 1 handful of Sanicle, and 1 root of Columbine; ſhread the Roots aboveſaid, and put them together with the Herbs into three gallons of Running-water; boil it to two Gallons, then ſtrain it, and put to the water one gallon more of Water, and boil it until it be half conſumed; then ſtrain this

drink, and put thereto one pottle of Whitewine, and one pint and half of Hony, boil it a little again and ſcum it very clean, then take it from the fire, and put in two ounces of Sena, and three quarters of an ounce of Rubarb; drink a draught thereof Morning and Evening: It is good for Dropſie and Scurvy.

For a Film in the Eye.

Take *Engliſh* Hony, and the Marrow of a Gooſe wing, of each a like quantity, warm them together, and lay them on the Eyelid with a Feather, and let it go into the Eye, dreſs it twice a day till it be well. It will cure thoſe films which do come of the ſmall Pox.

To Cure ſore Nipples, or for a bruiſe which comes by a fall.

Take Perſley and ſhred it, and boyl it in Cream till you ſee an oil on the top of it, then take that oil and boil with a little Loaf Sugar, and ſo apply it.

For the Stone and Choler.

Half an ounce of Caſſia in the Cane, taken from the point of a knife, and preſently

ſently after it half an ounce of Manna, diſſolved in Poſſet-drink, and two hours after that drink Lemmon Poſſet-drink: This you muſt do three days together.

To make Thiſtolow Water.

Take of Bolearmoniack four ounces, Camphire four ounces, white Coperus one ounce; ſlice the Camphire thin and beat the Coperus fine; then boil them two together in an Earthen-Pan never uſed, they will melt of themſelves without any thing to them; when they are melted, ſtir them together with a little ſtick till they are hard, then beat them in a Mortar to a powder, and then beat your Bolearmoniack and mix with them very well, and keep it tied up in a bladder (it will keep ſeven years:) when you uſe of it, take a quart of Spring-water and make it boiling hot, then put in one good ſpoonful of the powder and ſtir it about, and when it is cold put it into a Glaſs, and cover it: When you dreſs any Wound or Thiſtolow with it, you muſt warm it very hot, and bath the place well with it, then double ſome ſoft Rags and wet them in it, having

before a little Hony in the heating of it; ſo lay on your wetted Rags, and bind them on: thus do twice a day till it be well. This heals very faſt, if the Wound be fit to be healed; but if there be any inflammation in it, it is not for it.

If you uſe it for the Eyes, you muſt warm it, and drop it in. I did Cure a Gentlewoman of a Thiſtolow in the Eye with it, which ſhe had by the Small-Pox: And ſeveral ſore Legs I have Cured with it.

It is very good for the Itch (and for Gald-Horſe backs) only you muſt double your quantity of powder, and always put in Hony when you heat it; for that doth cleanſe and help to heal.

For Rheum in the Eyes.

Dragons-blood, Bole-armoniack, and Maſtick beaten and ſearſt, of each a like quantity; mix them with the white of an Egg well beaten: then ſpread it on a piece of Leather, and lay it on the Fore-head, from one Temple to another, and let it lie till you be Cured; which, with Gods bleſſing, will be in three days.

To ſtench Bleeding at the Noſe, or in Wounds.

Take of Frankinſence one dram, Aloes half a dram, beat them into fine powder; then beat the white of an Egg and mix with it, let it be of the thickneſs of Hony; dip the wool of a Hare in it, and apply it to the Wound, and bind it on: if to the Noſe, ſpread it upon a linnen Cloth, and lay it to it.

For Kibed Heels.

Take the Wool of a Cony, and the white of an Egg, beaten together, and ſpread it upon a linnen Cloth and lay it on: but if they are broken, then take a live-Mouſe and flea it, and lay the skin on while it is warm.

For the Rickets in Children.

Take of the inner Bark of Ivy, the inner Bark of Aſh, Harts-tongue leaves, branches of Tamerisk, boil them in four Gallons of middle-Wort, and put in ſo many of Hops as you think will keep it: when it is cold enough, work it up with Yeaſt as you do other

other drink, have one Veſſel under another; and let the Child drink no other drink for a quarter of a year. I have cured many with this drink, and a Plaiſter of Paracelſus upon Sheeps leather to the ſmall of the back.

An excellent Remedy for the Stone.

Take White-wine and quench a black Flint in it five ſeveral times, then ſweeten it with Sirrup of Marſh-Mallows, and take it Morning and Evening for three days.

An excellent Cordial Electuary.

Take of Conſerve of Sage-flowers, Roſemary-flowers, Marigold-flowers, and of red-Roſes, of each one ounce, mix them together with one ounce of Sirrup of Clove-gilly flowers, and ſix ſheets of leaf-Gold; keep it in a Gally-pot, and take every night when you go to bed as much as a little Walnut. It is very good for any weak Body.

For the Bloudy-Flux, or other Looſneſs.

Take two or three Races of Ginger and ſlice them thin, and lay ſome of them over

over a Chaffing-dish of Coals; then sit over the heat and smoak of it, and take heed you catch no Cold: Do this Morning and Evening for three or four days.

For the Worms in Children.

Take of the tops of unset-Leeks, with the lower part also of them, one handful, as much of the tops of Wormwood; chop them small; then set them on the fire with a little fresh Butter and a little Whitewine Vinegar, and boil them till the Herbs be soft, and that it be reasonable thick; then put it between two linnen Clothes sewed like a Bag, and lay it warm all over the belly of the Child at Night, and bind it on with a Cloth. The next Morning take it off and put a warm Cloth instead thereof.

Thus do three or four Nights together and it will cause them to void the Worms. It doth also draw Wind and infection out of the Body.

To make a black Salve very good for Corns, or for any Sore old or new.

Take a pint of sallad Oyl, and half a pound of Red-lead, and put them into a skillet

skillet that will hold three pints, or near, for fear of boyling over; ſtir it all the while, and let it boil ſoftly till you perceive it to look black, and that it leave boiling and doth ſmoak; then take it from the fire, and let it ſtand till it be quite cold, then warm the bottom of the Skillet and turn it out.

An excellent Water for a Canker in the Mouth, or for any Sore.

Take of Roſemary, Sage, Plantain and Scurvy-graſs, of each one handful, one little branch of Herb of Grace, and a little Sweet-bryer; boil theſe in a quart of Water and a quart of White-wine, and put therein a bright ſhining Sea-coal as big as an Egg, one that was never burned; let them boil ſoftly over a ſlow-fire, cloſe covered, till half be conſumed; then ſtrain it out and put in ſome Roach-allom; make it ſharp with it; then make it very ſweet with Hony, and ſet over the fire again till it be boyling hot; then when it is almoſt cold put it into a Glaſs-bottle, and keep it for uſe. When you uſe it, waſh your Mouth with it very hot, three or four times in a day; and then take a little warm Hony in your

your Mouth to ease the smart: Bath Wounds with it very hot and well, then dip linnen Clothes in warm Hony and lay on. Dress it twice a day.

A very fine Poultis to lay on any Sore, to take the inflammation out of it; or to lay to a sore Breast to break, or to dissolve it if it will not break: It will also heal it if broken.

Take a quart of Milk, and boil it with two slight handfuls of Oatmeal, and one good handful of white-Lilly leaves (I mean the green leaves of the white Lillies cut small) when it is boiled enough, put in as much of the best sallad Oil as will make it very soft and moist; according to the bigness of your Sore spread some of it upon a linnen Cloth, and lay over it as hot as you can suffer it Morning and Evening: when you dress it wash it with a little Brandy and Butter.

For a tickling Rheum and Cough.

Take of Conserve of Fox-lungs two ounces, Sirrup of Colts-foot, Sirrup of Maiden-hair, Sirrup of Hore-hound, Sirrup of Hyssop, Sirrup of Violets, of each one ounce; mix them well together, and take them often in the day or night upon a Liquorish-stick.

An

An excellent Balſom for inward Bruiſes, for outward Wounds, and for the Stone.

Take of Oyl-Olive, Oyl of Turpentine, and of the beſt Whitewine, of each one quart, put into them three good handfuls of the tops of St. *Johns* Wort, with the flowers and ſeeds; let them ſtand in a Glaſs in the Sun ten daies; then put them into a long Gally-pot, and ſet that pot into a Kettle of water, and faſten it with Hay; let the water ſeeth for two hours, then take it out and ſet it by: alwaies keep it covered.

If you take it for the Stone, take a ſpoonful of it at a time in a Glaſs of Whitewine, in the Morning faſting, for three days together at the New and Full of the Moon; but if you ſhould be ſuddenly taken, then take it when your ſelf is in pain.

For Sores, warm it a little, and after you have vvell-vvaſhed the Wound with Brandy, lay on the Balſom with a Feather, and dip Lint in it and lay into it, and a piece of Hogs-bladder over that, that the linnen you bind it up with may not ſoak it up, dreſs your wounds Morning and Evening.

If

If you take it for an inward Bruise, take two spoonfuls of it in a Glass of Whitewine, and go to bed and sweat, do so three nights together; be sure to jumble the pot well together when you take any, or else the Oils will be at the top, and the Wine at the bottom; the Herbs and Flowers applyed stench bleeding in Wounds, or at the Nose.

A most admirable Drink for a Cough: it also expelleth any congealed Blood, Impostume, or other filthy Humour. It healeth all inward Ulcers, and cooleth inflamed Lungs, and also healeth Ulcers in them.

Take two pounds of quick-Lime, and put it into ten quarts of Spring-water in an Earthen-pot; let it stand twenty four hours; then you will see as it were a thin ice on the top of it, which you must take off very clean with a scimmer, then pour off all that is clear into another pot, and put into it these things following:

Of blew Figgs slit in two half a pound, of Raisons of the Sun stoned half a pound, of Liquorish scraped and sliced thin four ounces, of China Root sliced thin

thin two ounces, of Anniſeeds bruiſed one ounce, of the ſhavings of Ivory four ounces, of Maiden-hair one handful, of Burrage, of Pimpernel, of Balm, of Penny-Royal, of Colts-foot, Scabions, Horehound, of St. *Johns* Wort, of each one handful, and half a handful of Marigold flowers; then put in four ounces of Earth-worms, ſlit and cleanſed from their filth with Whitewine.

Let all theſe ſteep in that water 24 hours; then take it and ſtrain it gently and keep it in Glaſs-bottles; drink thereof Morning and Evening a good draught (or if you pleaſe) oftener, and you will find a great benefit.

Take two pounds more of quick-Lime, and put it into the ſame quantity of Spring-water, and do as you did before; only you may uſe the ſame Ingredients as you made the other, without any new.

For a Pin and Web in the Eye.

Take of red-Rosewater one quarter of a pint, put into it two pennyworth of Mastick finely powdered, and one quarter of an ounce of white Sugar-Candy; then have in readiness of burnt-Allom, and white Sugar-Candy, of each a like quantity beaten fine and searsed, and mixed well together: When you dress the Eye, first wash it well with the Water, and then blow in some of the powder with a quill, and hold your hand over it till the smart be gone; the next Morning let some Breast-milk be milked into it, and do nothing else in the Morning; and every Evening use the other: so do till your Eye be well.

Do not put any Cloth, or Silk before your Eye, for that poysons it, by causing the venemous humor to return.

This Water is very good for other Sore-Eyes, if they be well washed with it Morning and Evening, and if the Rheum be very much in the Eyes; then lay a plaister of Burgundy-Pitch to the Nape of the Neck, and let it lie as long as it will stick.

For

For the Tooth-ach.

Anoint that ſide of the face on which the Tooth-ach is, from the Temple down to the lower part of the Ear (upon all thoſe Veins which carry the Rheum to the Teeth) with a few drops of Oil of Amber; work it well with your hand and gently, then ſpread a black Ribbon two penny broad with Maſtick, and lay it upon the place which you did anoint, and keep it on.

For a Thruſh in a Childs mouth.

Waſh it Morning and Evening with a little Verjuyce and Hony, warmed a little, and then blow in ſome white Sugar-Candy beaten fine with a quill.

For the Itch.

Take ſome common Brimſtone beaten fine, and mix a little beaten Ginger with it; then tie it up in a Tiffany or Lawn, and let it lie in ſtrong Whitewine Vinegar with ſome Roach-Allom; when it hath lien all night you may begin to uſe it, but the longer it lies the better it will be; when you uſe it, take up the Cloth wherein

wherein the Brimstone is tied, and rub all your Joynts with it very well every night when you go to bed; then take a little Methridate before you go to bed; so do till you are Cured. It is a dangerous thing to cure the Itch, and not to drive it out, for that strikes it in, and many times it falls upon the Lungs; sometimes it causes Convulsion-fits, Apoplexies or Lethargies if not driven out. It is also very necessary when you have quite killed and cured it, to purge the Party very well, to prevent further mischief.

For a Bruise where no skin is broken.

There is no better thing than to bath it well with Oil of Spike, morning and evening.

For a Sinew-strain.

Take strong Beer or Ale and boil it till it be very thin, then spread it upon Leather, and lay it on as hot as you can suffer it, and let it stay on.

For

For a Conſumption, or other weakneſs.

Take a Gallon of ſtrong Ale-wort, and put therein two ounces of Liquoriſh ſcraped clean and ſliced thin, and one ounce of Anniſeeds bruiſed; boil them together till it be very thick; then ſtrain it while it is hot, and keep it in a Gally-pot, and take thereof every Morning and Evening: It is a very good Remedy.

For a Burn.

Take the juyce of a great Onion, and put to it three ſpoonfuls of Fair-water, and as much pure ſallad Oil, and beat it together very well with two or three Feathers tied together; beat it till it be thick and white, and lay it on with a Feather; then lay on very thin Raggs dipped therein; dreſs it three times in a day, for you muſt not let it be dry; and when you do dreſs it, anoint the Cloths with ſome of it before you take them off, that they may come eaſily: the pulling of them off when they are hard and dry is that which makes a Scar.

When you perceive the fire to be quite out, then leave out the juyce of Onion and

and use only the Oil and Water, and be sure you anoint it eight or ten days after it is quite well.

I have Cured many Burnings, and some with Gunpowder, without a Scar, with this Medicine.

For the Shingles.

Take a Cat, and cut off her Ears, or her Tail, and mix the Blood thereof with a little new-Milk, and anoint the grieved place with it Morning and Evening for three days; and every night when the Party goes to Bed give her or him two spoonfuls of Treacle-water, to drive out the venom.

To take away the pain in the Huckle-bone, or for any Old ach.

Take of Burgundy-Pitch, Oxicroscium, and Paracelsus, of each a like quantity, melt them together in an Earthen-Porringer, and spread them upon Sheeps-leather; then anoint the grieved place with Oil of Amber, and lay on your Plaister.

This is very good also for any Sprain.

For

For one who is ſuddenly taken with a Numbneſs in any Limb.

Take Brandy and Muſtard, and warm them well together, and bath the place very well with it twice a day for a week together, and it will work a wonderful effect.

To take away any extream pain in the Head in any Sickneſs.

At your going to reſt, let a linnen Cloth be dipped in Aquavite, and laid all over the Forehead from one Temple to another; then dip little linnen Rags in Cinnamon-water and put up the Noſtrils, let them not be too ſhort for fear the breath draw them into the Head.

For an Impoſtume in the Ear.

Take a great Onion and roaſt it in a paper wetted (in wood-Embers) when it is enough, put to it two pennyworth of Saffron, and a little ſpoonful of ſallad Oil, and work them well together with the back of a Spoon; then apply it on a linnen Cloth to the hole of the Ear as hot as the Party can ſuffer it, at the time of

of going to rest, and the next day when you take it off, put a warm Cloth instead thereof; thus do three Nights together, and when you find that it is broken and well drawn out: Seringe the Ear with a little warm Sack and Betony-water for three days together, twice a day.

For Deafness in Young or Old.

Take Brine which comes from Beef at the first salting, and boil it very well, and scum it well, and keep it in a Glass for your use:

Then take the Kidney-Suet of a Loin of Mutton, and shave it very thin, and when the Party goes to Bed, fill the hole of the Ear that is grieved with some of the Suet, and stop it with Black-wool, and let him lie on the other side that it fall not out, and as he sleeps it will melt into the Ear; thus do for a Week every Night: when that is done, then take three or four drops of the Brine in a Spoon and warm it a little, and drop into the Ear every night for a Week.

This hath done very much good to one of Fourscore years Old.

For the Emorroids or Piles.

Take of Unguentum Album, vvhich you have at the Apothecaries commonly, melt it over the fire vvith a little ſallad Oil, and put in a little of the beſt Bole-armoniack; apply it upon a linnen Cloth every Night vvhen you go to bed till you are vvell.

For to Cure Heart-burning.

Take prepared Crabs-Eyes, and mix leaf-Gold therein, and keep them in a Box; and when you find your Heart begin to burn, lick two or three times of the powder, and it vvill Cure you for that time, and be a means to keep it away for the future. Alſo a draught of Milk never at all boiled doth help it; but the other Medicine is much better.

For the paſſion of the Heart.

Take as much Confection of Alkermes as a Pea, in a drop or two of Sirrup of Clove-Gilly-flowers, and it will eaſe you in ſuch an inſtant, as you cannot but admire; it is beyond all things that ever I uſed, and not of much coſt. Take heed that it be good Alkermes, for there is much of deceit uſed in it.

For

For the Cramp in the Legs.

Take a lock of black-Thred, about half an ounce, and dip it in such Oil as they greaze Wool withal; then draw it through your hands very well that the Oil may not drop from it; then vvind it about your Thighs, and tie it and keep it on day and night. Eel-skins are also good to tie about the Thighs; but first they must be made gentle and easie.

And that which is as good as either of these, is to anoint the grieved parts vvith Oil of Spike a vveek together. The same perfectly Cures a Crick in the neck, in two or three times using. I like the latter best.

To Cure a Scabbed-Head, and to kill the Lice.

Take the yolks of six hard Eggs, and bruise them well with a spoon; then put one pound of new-Butter to them that vvas never salted; boil them together till you find it to be enough, which will be in an hours space, upon a slow fire; let it look blackish when you take it off the fire; then strain it and keep it for your

uſe; anoint the Head very well with it twice a day, and it will ſoon deſtroy both Scabs and Lice in a ſhort time, to much admiration.

For Chilblanes on the Hands.

So ſoon as you find your Fingers begin to itch, ſpread ſome Burgundy Pitch upon Leather, and lay round about your Arms; let the Plaiſters be four-fingers broad, and lay them four-fingers above your hand.

They will ſoon abate the itching, and draw forth the humor where they lie, not ſuffering it any more to fall into your hands. Waſh your hands every day with right Venice Soap, and that will help you in the Cure. This is a very certain Remedy to my knowledge. It alſo Cureth ſore hands that are crackt and chopt with a ſharp humour, if you lay the Plaiſters round about the upper-part of your Arm above the Elbow, and waſh with the ſame Soap

To kill the Scurvy before you purge.

Take of Scurvy-grass, of Worm-wood and Sage, of each half a handful, with a little Rue; put them into a pint of Whitewine, and let them boil softly till half be consum'd, close covered; then strain it, and put in as much Saffron as will well colour it.

Divide this into three parts, and take every Morning one; then take this Purge following:

Take five Gallons of Ale, put into it a quarter of a peck of Garden-Scurvy-grass bruised, two great handfuls of Sage, two ounces of Horse-Radish-root scraped and sliced very thin, Red-Dock-root sliced very thin two ounces, Annis-seeds bruised one ounce and an half, Liquorish scraped and sliced thin four ounces, Sena two ounces, Figs sliced thin half a pound. When your Ale hath done working, put in all these things and stop it up; when it hath been four days, then drink every Morning a pint, and again at four in the After-noon, till you have drunk all the Ale. With this I have Cured many who were very bad.

For a Squinacy, or other ſore Throat.

Take the whiteſt dung of a Dog, which he hath dunged abroad in *May*, let it dry in the Sun very well, and when you have occaſion to uſe it, beat it fine and ſearce it, and give the Party thereof a ſlight ſpoonful in a Glaſs of White-wine; and mix ſome with Hony, and ſpread it and lay to the Throat: let the Plaiſter lie on, and take the other three Nights and it will Cure you.

For a Red-face.

Every Night waſh your Face with this following: Take Fumitory-water half a pint, a little lump of Allom, and a little white Sugar-Candy; with the juyce of one Lemmon, and as much common Brimſtone beaten fine as will lye upon a half Crown heaped. Do not wipe your Face when you have waſhed it, but let it dry in.

Every Morning drink a Glaſs of old *Malago*-Sack, and eat a little Toaſt dipped therein.

It will be very good for you to Purge every Spring, if you find much heat in it, which you may know by a dry hot hand, and inward heat.

be ſure to ſhift them often, till the Coar be drawn out.

For a Plague-Sore.

Take Figgs half a pound, and of Hony as much; beat them together extreamly well; then ſpread ſome of it upon a Burdock-leaf, if you can have one, or elſe upon a linnen Cloth: dreſs it twice a day; this will both break and heal it. Uſe it till it be quite well.

An excellent Medicine preſcribed by a Worthy Phyſician, againſt the Plague and Peſtilence.

Take of ſtrong White-wine Vinegar half a pint, of Spring-water one quarter of a Pint; mix them together, and put thereto one ounce of Venice-Treacle: Take of this every Morning two ſpoonfuls, and anoint your Noſtrils with a little Methridate; for that will not ſuffer any Infection to paſs that way.

To kill Worms which breed about the Noſe.

Waſh it often with Vinegar, Allom, and Brimſtone, till you find they are killed: and then uſe Pomatum every Night to ſmooth the skin.

For Childrens Scabbed-faces.

Take Mallow-leaves, and the leaves of Red-Dock, of each a like quantity; ſhred them ſmall, and put as much ſallad Oil to them as will juſt ſtand even with them; then boil them on a ſoft fire till you find the Herbs begin to be criſpy; then preſently take it off, and ſtrain it out and keep it: Anoint the Face with it twice in a day, and every time before you dreſs it, waſh off that you laid on before with Butter and Beer. This is very good to Heal and Cleanſe.

For Cheſt-Worms.

Take a quarter of a pint of New-Milk, and when it boils put in a piece of Allom, and ſtir it about till you ſee that the Milk be well turned, then take out the Allom, and take off the Curd very clean,

clean, and give the Party the Cleer drink, to drink in the Morning fasting: do so three Mornings together, and it will kill all the Worms; but then it will be necessary for to purge them with these things following:

Take a pound of Pruons, and stew them leisurely in fair Water; and take half an ounce of Sena and tie it up in a piece of Tiffany, with half an ounce of Liquorish scraped and sliced thin, and a quarter of an ounce of Annisseeds bruised; let these stew in the Pipkin with the Pruons till they are enough; then every Morning fasting give four or five, or more, of the Pruons, according to the Age of the Party; and also two or three spoonfuls of the Liquor: do so so long as you see fitting. I have given this with very good success.

A fine Julip for one in an Ague or Feaver.

Take four ounces of French-Barley and wash it well, then boil it in three quarts of Water till half be consumed; then strain the Barley from it, and put into the Water the juyce of two Lemmons,

mons, and as much white Sugar-Candy as will well ſweeten it; then put in two ounces of Sirrup of Violets, and nine ſheets of Leaf-Gold cut very ſmall, give the ſick Party of this three or four times in a day, four or five ſpoonfuls at once; it is both cordial, and very pleaſant.

I Think I have ſaid enough concerning thoſe things which I have already written in this little Book: I will now give you ſome Directions for ſeveral ſorts of Work, which may pleaſure you in your Chambers and Cloſets.

And if any of you ſhall deſire to be further informed than I can poſſibly direct in Writing; or to confirm themſelves in what they have already made Trial of, if you pleaſe to give your ſelves the trouble as to come to me, I ſhall give you the beſt aſſiſtance I can in any of thoſe things which I profeſs to teach, and for a competent gratuity.

I have set down every thing as plain as I can; and I know there are many who have done things very well by my Books only: but you may imagine that if you did learn a little by sight of my doing, you would do much better; For if my Pen can teach you well, how much better would my Tongue and Hands do? The one to make answer to any Objection or Question; the other to order or to shape any thing. So that in my opinion you would not lose by having some personal Acquaintance with me; neither would I willingly lose my time and labour in informing you: Therefore I beseech you let it be thus;

Be pleased to afford me some of your Mony,
And
I will repay you with my pains and Skill.

That I judge to be fair on both sides.

Impri-

Imprimis: *To make Tranſparent Work.*

BOil all in Earth, and let your Pipkin be three quarts full of Iſinglaſs, ſuch as you have at the Apothecaries, broken into ſmall pieces, and a ſmall quantity of Gum-Dragon amongſt it; then fill it up with fair Water, and boil it till you find it be enough, which you may well know by dipping your Wyer therein; which muſt be ſhaped according to the Leaves or Flowers you intend it for. Strain it while it is hot.

Now for the COLOURS.

Firſt, *For Red.*

Take the ſhavings of Brazil-wood, and fill your Pipkin half full with them; then fill it up with Water, and put in a little Roch-Allom; ſet it over the fire, and when it boils ſtrain it out. This and Oil-Tartar makes a Purple: Do not mix it too hot for that will ſpoil it.

For Sea-Green.

Take one ounce of Verdigreace, and a pint of Whitewine, and let it but just boil together; then let it drop thorough a double Brown-paper, and it will be a perfect Sea-Green.

For White.

Take of the best Cerus, and dissolve it in some of the best Isinglass-liquor, and it is done: So must you mix all your Colours, as you do use them, with some of that Liquor, and put them into Gally-pots.

For Yellow.

Take Saffron and tie it in a Rag, and put it into some of your Liquor; to which you must add Gum-Arabick and Fair-water; two parts of Gum, and one of Water: When you use them, you must warm them, and lay them on with a Pencil, on the wrong-side of the Flowers.

For Primrose-Colour.

Yellow and White makes it very right: You may make it as Deep or as Pale as you will; some will do well a little Deeper than the other.

Flesh-

Fleſh-Colour.

Vermillion and White makes Fleſh-Colour.

Damask-Roſe Colour.

Vermillion, and Brazil, and Purple, and White makes the Damaſck-Roſe Colour.

Graſs-Green.

The yellow added to the Sea-Green makes a perfect Graſs-Green, and very beautiful.

Blew.

You muſt put in ſome Smalt into your Liquor, and ſtrain it very well; and when you will have it Pale, mix a little White with it.

Clove-Colour.

Take Logwood and boil as you do the Brazil.

Tauney.

Mix the Clove-Colour and Red together.

To make the Puff-work.

Take two ounces of white Vellom cut in pieces, and ſteep it in a pint and half of

Blew.

Take Indico and mix with the Spirit of Sack, and when your ſtains are thorough dry, rub them over with White-bread, and wipe it off again with a ſoft clean linnen Cloth.

A moſt excellent Black-Dye for any Stuffs or Stockens.

Take one peck and half of black Alder-Bark, and break it indifferently ſmall; then ſteep it three days in three Pails full of water, and if you have any ruſty Iron ſteep it with it; then boil it with a pound of green-Copperus, for the ſpace of an hour and half; if you can get them, put alſo one ounce of Nut-galls beaten to boil with the reſt: then ſcum off all the Bark and let it boil up again; then put your Stuff in which you mean to Dye, and ſtir it down altogether as near as you can, and keep ſtirring of it down for a quarter of an hour; then take it out and drain it, and let it half-dry, then put it in again and do as before; then let it be quite dry, and when it is ſo, waſh it ſo long as it will blaze the Water, then dry it well.

To

To make clean Glaſs-Windows.

Firſt bruſh them with a Cobwebbing-Broom, then take ſome Spaniſh-Whiting and warm Water and waſh them all over very well, and rub them every where; then waſh it off again with cold Water very well, and rub them with clean Rags till they are very dry.

And if you would paint the Wooden-barrs of your Windows white or red, take Red-lead, or White-lead, and grind it with a little Linſeed-Oil, and then lay it on with a Bruſh; but firſt you muſt let them be very clean: Do it over twice, but let the firſt be dry before you lay on the ſecond.

To make pretty Frames for ſlight Pictures in Black only.

Cut Paſt-board plain, without form, but only long narrow pieces about two fingers breadth, and faſten them together at the corners with a little Glew; then waſh them over with a Bruſh, with a little Lamb-black and Size mixed well together; then preſently before it be dry,

ſtrew

ſtrew it all over with French-Froſt, of what Colour you pleaſe; then put on ſome Shells with Bees-wax and Roſin melted together hot.

To make Frames for Pictures in work of Satten, Stitch, and the like.

Let a handſome plain Frame be made of Deal-wood, fit for your piece of Work; then black it over as you did the other, and Froſt it; then have in readineſs ſome Bones out of the Heads of Whitings, Froſted over firſt; do them over with a Feather, with ſome Water wherein Gum-Arabick hath been ſteeped, and put on your Froſt, and let ſome be of one Colour, and ſome of another. Make ſome little Flowers of ſeveral Colours upon round pieces of Cards, with ſmall Satten-Ribbon, and faſten ſome Wier for the ſtalks; get ſome Shells and ſome Mother-Pearl; ſome Corral and ſome Amber; ſome little kinds of Creatures made in Wax, as Frogs, and ſuch like; pieces of old Neck-Laces, and Pendants, with a little Moſs. When you have got all your things ready, put on your Shells firſt in ſeveral Fancies with Bees-wax and Roſin,

and

and do them quick, and cruſh them on hard; then put on the Mother-pearl, and then as you pleaſe the reſt of the things till you have put on all. It will look like a Frame of great price, but it will not coſt any great matter.

To adorn a Room with Prints.

Buy of your Prints only Black and White, of ſorts what are good, and cut them very exactly with a ſmall pair of Ciſſers from the paper, put them into a Book as you do cut them; then let your Room be done with plain Deal, but Wainſcot faſhion, and let it be painted all over with White-lead and Linſeed-Oil, ground together, and ſome little ſtreaks imitating Marble: then lay your Prints upon a ſmooth-board with the wrong-ſides upwards; then with a knife take ſome Gum-Dragon, ſteeped well in fair water, ſpread them all over as thin as you can, and ſtill as you do them, take them up with your knife, and ſo turn them into your hand, and clap them upon the Wainſcot; but let it be dry firſt; cloſe them well on with your fingers that they be not hollow in any place; and

obſerve

observe to put them in proper places, or else it will be ridiculous; be sure to put the things flying above, and the walking and creeping things below; let the Houses and Trees be set sensibly, as also Water with Ships sailing, as you put them on, observe that they have a relation one to another.

If you employ your fancy well, you may make fine stories, which will be very delightful and commendable; also Gardens and Forrests, Landskips, or indeed any thing you can imagine; for there is not any to be named, but you may find it in Prints, if you go to a Shop that is well stored, nor no Pencil can shadow more rare than that will shew; it makes a Room very lightsome as well as fine: as for those in Colours I do not esteem for this purpose, for they look Childishly, and too gay.

If you mean to make Stories, you must buy good store of Figures; the coloured ones are good to put upon white Plates and Flower-pots for Closets.

To dreſs up Glaſs-Plates, on which you may lay dry Sweetmeats or Biskets.

Take your Glaſs-Plates, and lay the right-ſides downward upon a Table; then have in readineſs ſome coloured Prints finely cut, and lay them on with Gum, with their right-ſides to the wrong-ſide of the Plates; then take ſome Spaniſh-Whiting, mixed with Size which is purely cleer, let it be as Batter for a Pudding; order it ſo that there may be no knots in it, but that it may be very ſmooth; then ſpread the ſame all over upon the Prints (not too thick) and when they are very dry, wipe the right-ſide clean, and ſet them up in your Cloſet to uſe at your pleaſure.

Fine Hangings for Cloſets.

Make ſome plain Net with Brown-thread, and a good round Pin; let the Panes be as long and as broad as you think fit; when they are done, waſh them and ſtarch them very ſtiff, and pull them out againſt the fire till they are quite dry, then put one of them into a long Tent, and let it be very ſtreight; then have in readineſs

readiness a Paper drawn with Leaves, or Flowers and Leaves together, or any other things you like; tack it at the corners under the Net, and so flourish it according to the Paper.

To make Feathers of Woosted which do look very like natural Feathers, for the Corners of Beds.

About four pounds of French-Woosted will serve your turn; three pounds of that colour your Bed is wrought with, and one pound of White.

First, Buy three quarters of a pound of Wier of sixteen pence the pound; burn it in the fire till it be red-hot; then take it out and cool it, then cut it into pieces; twenty of them must be a yard long, and sixteen something shorter, and twelve must be but a quarter of a yard long, or little more; double all these Wiers in the middle, and twist them slightly; then take your Woosted and open it, and cut every skean twice; then comb it well with a Horn-Comb; then cut it in whole locks as it is, in pieces about a quarter of a yard long, or something less, and comb every one of them;

then take three Brown-threds, turn a large Stool the bottom upwards, and tie theſe Brown-threds from one foot of the Stool to the other very ſtreight; then take a long double Brown-thred in a Needle, and then take one of your ſhort locks of Cruel, or Wooſted, and caſt over your Threds which you have tied to the Stool; hang them even, then ſew them faſt to the tied ſtring; which that you may the better do, be ſure to hold the ends of the Wooſted in one hand, and ſew with the other; for if you do not ſew the tied Thred faſt in, your Feather will not hold but come to pieces: and one thing you muſt be ſure of, that as you ſew them, to clap another lock on before you have done that you begun, or elſe there will be gaps in your Feathers: In every Feather you muſt put three locks of White, or more if you pleaſe; but not too much in a lock: When you have thus ſewed them, then take your Wiers, faſten a Needle and double Brown-thred to the bolt end of it, and begin at one end of your Wooſted you have ſewn, and ſew the Wier very faſt to it; you muſt leave at the other end as much Wier as may be convenient

venient to bind them up in a Plume, when you have done them all: When you have done thus, then take some double white Woosted, and sew over all that so thick, that nothing may be discovered that you have done before; then cut the Feather from the tied string, and lay it on your Lap, or a Table, and comb it; then take it by the stalk, and with a Bodkin part it as right in the middle as you can; then comb it upwards, towards the tip, and you will quickly perceive it to look like a natural Feather; then with your Cissers cut it in shape, and then comb it a little again: the little ones of all must be made with Woosted not above half a quarter of a yard long, for they are for the sprigs which stand up in the middle, and there must be three in every sprig. The twenty large Feathers are for every Corner five, and the other sixteen are for every Corner four.

When you bind them up, first bind those three together which are for the Sprig, and turn the right-sides inward; then put on the four with the right-sides inwards, and then the five; and bind the Wiers very fast.

Then put them into the Cups, and turn the Feathers quite back, and bow them down as you would have them be.

I have given you as full a direction as I can in writing; but you may imagine, that if you were with me but one hour, you would learn perfectly. For theſe kind of Feathers I have taken many a pound.

Some count it folly in me to declare ſo many things, and rather wiſh me to keep them ſecret; but I am of that humour that I muſt and will impart all, what may be beneficial to others; For we are not born for our ſelves alone. God made us to ſerve him, and to keep his Commandements; and I am ſure it is part of my duty to be kind to my Neighbour, and what is kindneſs more ſhewed in, than by giving good Counſel, and good Inſtructions; and when we are not near, then to expreſs our ſelves in Writing. So do I do by you all, and do beſeech you to practice what I direct you to.

How to save much work, and to make a suit of Chairs which be very noble.

Let what Draught you please be drawn upon a very course French-Canvas; then have your Chairs cut out as you would have them, either of Camlet or Paragon; put your Stuff into a Tent, and then tack your Canvas streight upon it; so work it in Cros-stich, and take heed that you do not cleave the Threds of the Canvas in the working, nor work your Woosted or Silk too full; and when you have done, cut your Canvas between your Leaves and Flowers, and pluck out every Thred one by one, and there will be your Work very brave upon your Stuff, and will look very high; then form it about with what coloured Gimp you fancy best.

And if you want skill to shadow, desire the Drawer to direct you in the drawing of it; but then you must get an Embroiderer to draw it, for no other can direct you right; and you had better not work, then that which is ridiculous.

This way saves the grounding, or cutting out to Embroider, and is much better and not common, therefore to be more esteemed.

Another way for Chairs.

Let your Draught be drawn upon Stuff or Satten, what elſe you pleaſe, and work it with Wooſted or Silk, or both together, which doth better then Silk alone if it be upon Stuff; but if upon Silk, then Silk alone doth beſt: Work it in Satten-ſtich, and as many other ſtiches as you know, or can deviſe; and when you bring off one ſhadow, take a bright one from another, and that wil much quicken and enliven your work; for one ſhadow ſimply of it ſelf looks very faint: Obſerve when you walk abroad and find a dead Leaf, or beginning but to wither, how many ſhadows there is mixed together; alſo what Bark of a Tree, what Flie, Worm, or Snail do we admire but thoſe which are extraordinary for their Colours: it is in thoſe things, and as much difference as is between a beautiful Lady and a Cinder Woman (the one hath lovelineſs to their dying hour, the other are never comely) there are alſo ſome Leaves which be of a perfect Graſs-green, ſome Willow, ſome Sea-green, which are in themſelves very pleaſant,

pleaſant, and ſome of the dulleſt Colours you muſt put in, and then your work will ſhew the more naturally; and whatſoever you do, be ſure to let your ſhadow be very dark, for without a dark ſhadow you can make no lively Work.

Now for the folds of your Leaves or Flowers there muſt be a place for ſhadow, but that muſt be begun with a midling Colour, and fall very light, with ſome other ſhadow among thoſe you begin with; but be ſure not to chooſe your Colours too near in ſuch a caſe, but skip a Colour, or ſometimes two, and you will find it very fine work; when you have done one piece, form it about with a Back-ſtich, and let it be purely wrought, and of ſuch a Colour, ſad or light, as may agree with the Leaf or Flower you work: Let the Stalks of all be of one ſhadow, Hair-colour or Aſh-colour will ſuit with any thing.

You muſt be ſure to ſhadow your Stalks with Black, where you find any part of any thing to lie over it; and in all dark places be ſure to begin your ſhadow with Black.

This kind of Work I have wrought often upon Demities; and have wrought thereon with Wooſted, Cruel, and Mohair, in all ſorts of Stiches; all kinds of Shadows, and many fancies which were after my own fancy, not at all to imitate others; for there is nothing which I hate more, than to work as a Child doth after a Sampler: That brain that can invent nothing, is good for nothing; nor there is nothing which I more love than Invention.

One Bed thus wrought, with Chairs belonging to it, is worth a hundred Ginnies before the Upholſterer comes to touch it; and may, if it be cleanly wrought, be uſed ſeveral years before it be waſhed; as hath been proved.

It will not be amiſs to give you ſome directions for the waſhing of it.

Firſt, Make a ſtrong ladder with Soap and good Water, reaſonable warm; then lay one of your Curtains upon a Table, and with a Bruſh and ſome of this ladder, rub it very well all over, and do ſo till three Ladders are ſpent; then pour on good ſtore of fair Water to Rinſe it very well; then hang it to dry from the Sun, with the wrong-ſide outward, and as it

dries

dries, pluck it out and smooth it, and fold it up, and then hang it out again, and so do till it be quite dry: There is no Colour but will hold, if you do wash it after this manner; but if you do rub the Soap upon it, that will change the Colours.

The best Lining for these Beds is changable Sarsnet, or Ducape, for that will agree with any of your shadows, and it is as cheap as any thing.

To embroider Petty-coats, Bodices, or Belts.

When your Pattern is drawn, form it about with black Gimp, or other, which you do fancy best, and fill the Leaves and under-parts of the Flowers with Saxen-stich, some dark and some lighter: then for the upper-parts, and seeds of Flowers, let them be done with high-work, as Purple-stich, and such like, and let your stalks be all alike with a great Gimp twisted; your Flowers may be of all manner of Shadows as you fancy; and if you shadow them well, they will look very naturally. Thus you may go fine, and with less cost than if you bought good Lace.

It is more commendable a great deal to wear ones own Work, than to be made fine with the Art of others; and though one may be envied for it, yet none can have ſo juſt a quarrel againſt them, becauſe it is their Ingenuity; and beſides it argues that Perſon not to be idle, but rather a good Houſe-wife. Any fool may be made fine with Coſt, but give me thoſe who can be neat and nobly habited with but a reaſonable charge. The World is grown very fine of late years, but it is with ſo much charge (together with ſo ill a phanſie ſome have in chooſing things) that they look more like Stage-players than fit to come into any Church, or Civil places: Some will plead Ignorance, not knowing how to do theſe things, but that's a bare Excuſe; for if they know not already, they may learn: In a Weeks time I dare undertake to teach any Ingenious Perſon to Embroider any of theſe things; therefore if any of you have a deſire to Learn, I ſhall be willing to wait on you at your Houſes, and to teach you and your Servants; and for my Work, what I ſhall do, and for Teaching of you, I ſhall expect four ſhillings the day, and, I

hope,

hope, you vvill judge it reaſonable: for you may imagine, that the mean while I am with you, I am wholly ſequeſtred from all profits and benefits which might happen. Likewiſe if any Gentlewoman would learn to Preſerve, if ſhe pleaſe to give me forty ſhillings in hand, ſhe ſhall have the liberty to come ſo oft as ſhe pleaſes, and bring her materials with her; and at any time if there be any new thing to be learned, at any time, for ſeven years, I will direct her, or give her a Receipt, if at diſtance.

I think it will not be amiſs if I give you ſome direction what ſtitches to put into a Bed which is wrought only with one Colour, therefore obſerve this following:

Form it all with a double Back-ſtitch, and on the one ſide of the Stalks work a broad Gold-ſtitch, and bring it off by degrees with powdering, firſt pretty big ſtitches, and ſo ſmaller and ſmaller; work the veins of the leaves with Bread-ſtitch, Chain-ſtitch, open Chain-ſtitch, and any other that you can think on, or deviſe; then ſprig them thick with ſeveral Fancies, and let the folds of your Leaves be the thinneſt work, and be ſure you put a ſhadow under every fold. If

If your leaves be great, let them be the fuller of Work, or elſe you had as good do nothing; for how will the Ground ſhew if the work be too thin.

I ſaw a very fine Bed once wrought in this manner following:

The Ground was an Aſh-colour Paragon, and drawn all over with Clouds, ſome of one ſort, ſome of another, and wrought to reſemble the Clouds of Night; ſome very dark, ſome lighter, and here and there between were Stars made with oyes, which you muſt be ſure to have them good, or elſe they will change; elſe they will hold as long as your other work will laſt.

I have often been deſired to give ſome directions for Work in Print, and truly I have ſo done as plain as I can: I heartily wiſh I could infuſe all that I can do, into thoſe who are deſirous to learn; it would do them good, and me no harm; for I am ſtill, and ſhall be all my lifetime improving my ſelf: and ſtill as I do purchaſe new things, I ſhall impart them to you.

I ſhall now give you ſomething of Cookery, and ſuch as hath not yet been Printed.

Imprimis: *To pot Fowl to carry to Sea; or to keep to be ſpent in your Houſe.*

TAke a good company of Duck and Mallard, pluck them, and draw them, and lay them in a Tub with a little Pepper and Salt for twenty four hours; then truſs them and roaſt them; and when they are roſted let them drain from their Gravy, for that will make them corrupt; then put them handſomly into a Pot, and take the Fat which came from them in the roaſting, and good ſtore of Butter, and melt together in a pot, ſet into a Kettle of boiling-water, put therein good ſtore of Cloves bruiſed a little, ſome ſliced Nutmeg, Mace, Bay-leaves, and Salt, and let them ſtew in the Butter a while; then while it is hot pour it over your Fowls in the Pot, and let the Pot be filled, ſo that the Fowls may be covered; then lay a Trencher in upon them, and keep them down with a vveight or ſtone till they are cold; then take of the ſame kind of Spice which you did put into your Butter, beat it very fine, and ſtrew

ſtrew over it, and lay ſome Bay-leaves on the top, ſo cover it up; they will keep a good while. Drain your Fowl from the Gravy twenty four hours before you put them into your Pot.

A very fine way to pot Neats-Tongues.

Take the largeſt Neats-Tongues you can get, and Salt them very well; two days after pour away the bloody-Brine, and Salt them again, and let them lie in that Salt a Month; then take ſome Salt-Peter, and a little Roach-Allom beaten together, and rub them over with that, and let them lie one Week; then boil them till they be tender, with ſome Hay on the top of them, then take them out of the Kettle, and pull off the skins; then hang them up in a Chimney where Wood is burnt for four daies and nights: then melt ſome Butter with Spice, as you do for the Potted-fowl, and put your Tongues in a Pot, and pour that over them; and when they have been Potted one Month, take out one, and eat it with Muſtard and Sugar, or Muſtard alone. Theſe will look very red, and eat pleaſantly.

To boil Beef or Mutton to eat savourly.

Take any piece of good Beef, and set it on the fire with as much water as will cover it; put in such a quantity of Salt as you think fit; let it boil, and scim it very well; then put in a little whole Pepper, Lemmon-pill, a blade or two of Mace, some sliced Nutmeg, a few Cloves, and a little Time and Winter-Savory; so let them stew together close covered upon a slow-fire till your Meat begin to be tender; then put in good store of Herbs, as Persley, Spinage, Lettice, Chervil, Radish-tops, Sorrel, or any other Herb you love: and when the Herbs are boiled, and the Meat thoroughly tender, put some sliced Bread into the bottom of the Dish, and lay your Meat on it, then pour your Broth thereon, and serve it to the Table: One drop of this Broth will be better than twenty which is made the plain way.

If they who are to eat it do love Onion or Shelot, it will do very well to put some in.

To

To Boil, or rather to Stew a Leg of Veal, a very ſavory Diſh.

Take a large white Leg of Veal, and ſtuff it with ſome fat Bacon and Sage ſhred ſmall together, with a little Sage and Nutmeg; cover it with Water, put in ſome Salt, let it boil, and ſcim it well; then put in ſome ſweet Herbs, and ſome Spice, ſuch as you love, and let it boil leiſurely cloſe covered; then when you find that the Knuckle begins to be tender, put in a pound of Sauſages cut one by one, and let them ſtew with it for a while; when you find it is enough, put in a piece of freſh Butter, and ſerve it in with the Broth upon ſliced Bread, and lay the Sauſages on the top: Garniſh the Diſh with Collops of Bacon and Sauſages.

To fry Clary the beſt way.

Take the Yolks and White of Eggs beaten together very well; then put a little grated Nutmeg, and beaten Cinnamon therein; then having your Butter very hot in the Frying-pan, take a Leaf by the ſtalk end and dip it therein, and lay

lay it into the Pan, and ſo another as faſt as you can, till your Pan be full; fry them brown with a very quick fire, and ſerve them in with a little Butter: Forget not a little Salt amongſt your Eggs when you beat them.

To dreſs a Legg of Mutton; a very ſavory Diſh.

Boil your Mutton in Water and Salt for the ſpace of an hour; then cut it in thin ſlices, and put it into a Diſh over a Chaffing-diſh of Coals, without any Liquor, and in a little time you will find the Gravy will be Liquor enough; then put in a little Salt, and a little grated Nutmeg, one Onion, or two or three Shelots ſliced, a ſprig of Time, and Winter-ſavory, and one Anchovy; let it ſtew between two Diſhes till it be almoſt enough; then put in a piece of freſh Butter, and when it hath ſtewed a little longer, take it up and ſerve it in: Garniſh your Diſh with pickled Barberries, and pickled Oyſters.

To ſtew Muſcles, or Cockles.

Take any of them, and waſh them very well, and put them into boiling Water and Salt, and let them boil till they gape; then take them up, and take them out of their ſhells, and put them into a Diſh over a Chaffing-diſh of Coals with a little Whitewine, a blade or two of Mace, and a little Nutmeg and whole Pepper; let them ſtew a while; then put in a piece of Butter and ſhake them together; then put your Fiſh into a hot Diſh, and take the yolks of two or three Eggs well beaten, and thicken the Sauce vvith them over the fire; you muſt let them be but a little time over the fire, and ſtir it vvell for fear it turn. Garniſh your Diſh vvith Perſley, Salt, and pickled Barberries.

To ſtew Parſnips: A good Diſh.

Boil the tendereſt Parſnips very well, then ſcrape them very clean, and cut them in two, and then ſlit them in half; put them in a Diſh vvith ſome Whitevvine, vvhole Mace, grated Nutmeg, and a little Salt;

Salt; vvhen they have ſtewed cloſe covered one hour, then put in ſome pieces of Marrow, and a little Sūgar; then ſtew them very vvell, and a little before you take them up, put in a little Butter, and ſhake them vvell together, and ſerve them in. Garniſh your Diſh vvith thin ſlices of boiled Parſnip, and fine Sugar beaten and ſearced.

To make a good Pye of Beef.

Take of the tendereſt piece of Beef, and cut it in thin ſlices, and beat it very vvell vvith a Rouling-pin, and lay it in a little quantity of Claret-vvine all night, vvith a little grated Nutmeg, and cracked Pepper; in the Morning make your Pye, and lay ſome Butter in the bottom; then lay in your Meat, but firſt Salt it a little; then lay ſome more Butter on the top, and pour in that Wine in vvhich it lay, and ſo cloſe it up, and let it Bake three hours, or more: So ſerve it in hot.

To dreſs red Beet-Roots.

Waſh them and boil them very well, ſlice them in round ſlices, and eat them with Butter, Vinegar and Salt; and you may if you pleaſe eat them cold with Oyl, and Vinegar and Salt; it is a very pleaſant Sallad.

To make a good Pidgeon Pye.

Pluck your Pidgeons very well; then cut them in halves, waſh them and dry them; cleanſe their Livers and Gizzards alſo, and let them go with them; ſeaſon them with Pepper, Salt, and Nutmeg: When your Pye is raiſed, lay in ſome Butter in the bottom, then lay in your Pidgeons, with the cut-ſide downward; and then the Yolks of hard Eggs, and a little Time ſtripped from the Stalks; then lay on ſome more Butter on the top, and put in a glaſs-full of Claret-wine: So lid your Pye, and let it bake one Hour.

To boil a Cock, and to make good Broth with him.

Pluck and draw your Fowl, wash him very well, and bruise his Leggs; boil him in a little Water and Salt for one hour; then add some Water wherein Mutton hath been boiled, and put in a quarter of a pound of French-Barley, or Rice, which you please, with some Time, Winter-savory, and a little Lemmon-pill, a little large Mace and sliced Nutmeg, with a Clove or two.

When it is clean scummed, let it only stew till it be enough; then take up the Cock for a while, and boil the Broth very well; then put him in again and heat him throughly; then serve it to the Table, and garnish your dish with Lemmon and Barberries.

Be sure to truss your Fowl handsomly. This Dish is very good for Weak People.

To boil a Fore-Loyn of Pork, with good Sauce to it.

Let your Pork be reasonably well salted, and boil it very well; then have in readiness a good quantity of Sorrel stripped

ſtripped from the Stalks, and beaten in a Mortar as fine as poſſible you can, then put in a few Crumbs of Bread, the yolks of hard Eggs, vvith a little Muſtard, and a little Salt: and ſo ſerve in your Pork vvith this Sauce, and garniſh your Diſh vvith Perſley, or any other Green Leaves.

To ſtew Rabbits.

When they are flea'd cut them in pieces, and put them into a Pot vvith as much Water as vvill vvell cover them; put in ſome Salt and let them boil, and ſcum them vvell, then put in a faggot of Sweet-herbs, and let them ſtevv cloſe covered; then pill a good quantity of great Onions, and boil them in ſeveral Waters till they be tender; put them alſo into the Pot vvith your Rabbits, and let them ſtevv till the Rabbits be very tender: a little before you take them up, put in a good quantity of freſh Butter, and a little Vinegar, and ſtir it about very vvell; and then Diſh them for the Table, and garniſh your Diſh vvith Onion, Salt, and green Leaves.

To

To boil Green-Peaſe.

When they are ſheal'd put them into a long Gally-pot, and ſet it into a Pot of Seething-vvater, and cover the Gally-pot very vvell, and in a ſhort time you vvill find the Peaſe to be fine and tender; then put them out into a Diſh, and ſtrew ſome Salt upon them, and put in a good quantity of Butter, and ſo ſhake them vvell betvveen tvvo Diſhes; then put them into a hot Diſh, and ſerve them to the Table. If they vvho are to eat them do love Sparemint, put in a ſprigg into the Pot vvith them.

Theſe are far more pleaſant and ſvveet, then thoſe vvhich are boiled in Water.

To preſerve Green-Peaſe a while.

When they are ſheal'd and pickt, put them into a long Gally-pot, and take ſome Butter, and cover them vvith it, and cloſe it down upon them vvith your hand; your Butter muſt not be melted but cold; then cover your Pot very vvell and ſet it in a cool place.

To

To dreſs Old Beans.

Lay them in Water one Night; then put them into cold Water, and ſet them over the fire, and let them heat by degrees; and when they are hot, let them boil apace, and with them a piece of Bacon, and ſome Perſley; when they are very tender take them up, and drain them well from the Water; pour ſome Butter melted very thick over them, and lay Bacon on each ſide of them, and ſerve them to the Table.

To dreſs Old French-Beans.

Water them as you do the other Old Beans, and boil them after the ſame manner, but no Bacon with them, and when they are enough, take them up, and drain them well from the Water; ſtrew ſome Salt and grated Nutmeg on them, and Butter them well.

To stew Beef, a very fine way.

Slice your Beef in thin slices, and put it into a long Gally-pot, with a sliced Onion, some Pepper, and some Salt, and sweet Herbs, with a little Persley; cover the Pot close, and set it in a Kettle of seething water; so let it be ten or twelve hours, and put in a little Clarret Wine also.

Let the fire be well tended under the Kettle, and you will find a dainty Dish of it.

Your meat must be reasonable Fat: Serve it to the Table upon sippets of White-bread.

To make rare Pyes of a Calves-Head.

Take a fine fat Calves-Head, and cleanse it well; boil it with Water and Salt till it be very tender; then take it from the Bones and mince it very small; then to a pound of this Meat, take one pound of Currans, washed and picked very well, one pound of Raisons of the Sun, a little Salt, some Nutmeg, Cloves, Mace, and Cinnamon beaten fine, a little

Whitewine, and a little Lemmon-pill ſhred ſmall, with a little Sugar, and the yolks of four hard Eggs; having your Pye ready raiſed lay Butter in the bottom; then put in your minc'd Meat, and on the top of it lay ſome pieces of Marrow, and ſome Dates cut in thin ſlices, then lay Butter over that, and lid it and bake it; and when it is baked, cut open the Lid, and put in a little Whitewine, Butter and Sugar. This is a very good Pye, and may be eaten hot or cold.

To make a Pudding of cold Meat.

Take any pieces of cold Meat, which is not fit to come to the Table any more, as Veal, Mutton, Lamb, Capon, Chicken, Rabbit, or the like; mince either of theſe very ſmall, and put ſome Milk to it, and the yolks and whites of Eggs, with ſome beaten Spice and Salt, and a little Sugar; make it up with a little Flower, ſo that you may wrap it in a piece of thin Paſte; put it into boiling water, and let it boil two or three hours; then take it up and put it into a Diſh, and ſo cut it in ſlices, and Butter it; ſtrew Sugar

Sugar on your Dish and serve it in. This may be called *The good Houſ-wives Pudding.*

They are fools who cannot tell what to do with ſcraps of Meat: (Are they any worſe than the reſt?) If any be too Fat, let them try it up for Suet, elſe make a Florentine or Pudding with it; and ſo uſed, you may bring it (if occaſion were) before a Great Perſon. It is an eaſie matter here for any that hath Mony, if they have nothing but cold Meat in the Houſe, to go to the Market and buy a Joynt of Meat: But, I pray, what do they in other Countries, where they have not ſuch plenty? Do they not live upon green Herbs, Plants and Roots, as much as any kind of Meat? And who are ſo weak as our *Engliſh* People? for they eat ſo much of Meat, that they diſtemper themſelves with it: whereas if they did eat Herbs, Roots and Plants more freely, it would be better for them. Obſerve the Diet of the *French*, *Italian*, *Dutch*, *Spaniards*, *Portugals*, or any other Nation; they make good ſavory Meat, and do not ſpend half ſo much Meat as we do; yet, who ſo ſtrong as they? you ſhall hardly ever ſee a Crooked

perſon among a thouſand of them, nor weak ey'd, ſo far as to give blemiſh to them; and I do impute that to their Diet partly: And that they do not Coat their Children too ſoon, when they are young, but keep them long in their Blankets; that prevents the Rickets, and many other Diſtempers: but our proud Nurſes here muſt be humour'd, although it be to the ruine of a Child; but if there were none would humour them more than I, they would be mute. Let them look well to a Child, and keep it ſweet and clean, and then if they have their Wages duly paid them, they have no reaſon to find fault: If the Child do not go ſo fine as they would have it, it will be the Parents ſhame, not theirs. It is better to let a Child, or ones ſelf go plain, than to run in Debt for fine Cloaths. They that will heed what I ſay, I believe it will do no harm, but a great deal of good, for they will find it true what I ſay.

Did I not ſee what fools we are made, here in England, both by our Nurſes and Servants, and what deſtruction there is made in many Houſes, I ſhould not ſpeak; but really there is in

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ſome Houſes, I know, ſo much Waſte, as that it is a great ſhame and diſcredit to thoſe who guide the Family; and if they would look a little more into their Affairs, they would be more careful for the future.

Therefore all you who are Miſtreſſes of Families, look narrowly to your Servants, and let them not ſpoil or waſte your Goods, for which you muſt take pains and care: Be watchful that they do not ſit up beyond their uſual time, Juncketing, and making their Friends welcome (as they call them) with your Goods; while you are aſleep, and think no harm of them. Suffer not your Children to go too frequently abroad with Servants, leaſt it cauſe ſuch an obligation, as you ſhall pay dearly for the Requital.

If you ſee your Servant go beyond what you think the Wages you allow her will well maintain, and to lay up ſomewhat in caſe of Sickneſs, or being out of Service, you ought to Queſtion her, or him; for either they muſt run in Debt, or Cheat you, or take ſome ill Courſe to maintain their pride and folly; and then of neceſſity diſcredit muſt follow:

On the other ſide; If you find a Servant to be Civil, neat, cleanly, and careful to pleaſe, I do adviſe ſuch a Servant may be cheriſhed and encouraged, not only by good Words, but good Gifts alſo; for ſuch a Servant cannot be too highly prized: yet too much of Familiarity I do not hold with, for that will breed much Contempt. Keep your diſtance as you being her Superiour, and ſhew your love and favour in what may benefit her.

Truſt not a Servant too much with Secrets which concern your Credit, or your Livelyhood, leaſt you thereby enſlave your ſelf to them; for I have ſeen very ſad effects from ſuch confidings. You may make the Meſſengers for to carry Letters, but do not truſt them to be your Counſellours.

If any Servant, who hath performed her Duty to you, do ask your advice in Marriage, give her the beſt Counſel you can, and alſo beſtow ſomewhat towards the forwarding of it: If you probably think ſhe may be happy, let the Man who ſhe hath an inclination to, know that you have a Kindneſs for her, and that you will ſhew them all the Favour

you

you can; if they will endeavour honestly to live in the World.

If your ability will reach to it, be kind to them upon their Wedding-day; either to give them their Meat, or at least wise, to give them somewhat towards their Charges: And when she is gone from you, afford her your assistance when she stands in need, and grace her with your Company when it is required; for then her Husband will be apt to be the more kind to her, and will have an awful reverence for you.

For Nurses.

If you find an ill one, take your Child away, and own her no more. Let your silence be her sorrow, and her shame: Report not ill of her, least it be her Ruine; neither Commend her, least you ruine your own Credit. It is better to be silent, and let others find her out, then for you to accuse her: It is enough, that you have taken your Child away.

If you find a good and faithful Nurse, one who hath done her duty to you in the care for the Child, cherish her, nourish her, and never think any thing too

much that you can do for her, without prejudice to your ſelf: If ſhe hath been careful of the Childs Cloaths, give her what you can well ſpare of them for her own Child, or elſe give her the worth of them to lay out her ſelf; and as your Child grows up, teach it to love the Nurſe, and infuſe thoſe Principles into it, that when you are dead and gone, your Child may ſtill remember her with a perpetual kindneſs. This is my own mind: I would have my Children do ſo, and therefore I commend theſe Directions to others.

For Preſerving I have before given you very many Receipts, and of the very beſt, for all manner of things; therefore you muſt not expect that I ſhall ſay much as to that Art; yet ſome things there be which you have not, as followeth; and a mixture of things, ſuch as commeth into my mind, that I have not yet written.

Imprimis : *To make very fine Bisket.*

TAke one pound of the yolks of hard Eggs, one pound of the finest Sugar beaten and searced, two ounces of candid Iringo-root, one ounce of candid Cittron-pill, the whites of two Eggs well beaten, one quarter of an ounce of Cinnamon beaten fine, one Nutmeg grated, half a quarter of an ounce of beaten Ginger; beat all these in a Mortar to a Paste, with a little Sack, and one grain of Amber-grease; then mould it up with searced Sugar; make it into little Cakes, according to your fancy, and lay them upon Wafer sheets, upon a Tin-plate, and bake them after Bread is drawn.

Another sort of Bisket.

Take half a pound of Naples-Bisket, mix them with a little Sack, when you have sliced them thin, and let them lye in soak in it; then take half a pound of sweet Almonds blanched in cold Water,

and beaten to a Paſte with a little fair Water, to keep them from oyling; then beat that Paſte with the Naples Bisket, and the Yolks of three Eggs, and the Whites of one: when you have mixed them, then put in three quarters of a pound of ſearced Sugar, a little juyce of Lemmon, and one grain of Ambergreace; of what Spice you like, you may put in a little beaten and ſearced.

When theſe are well incorporated, take them out of the Mortar, and mould it up with ſearced Sugar, upon a ſmooth Board, and make it into what form you pleaſe; bake them upon Wafer-ſheets on tin Plates after Brown-bread is drawn: do not take them from the Plates till they are cold enough,

To make Sirrop of Violets.

Pick your Violets very clean, and beat them well in a Mortar; then ſtrain them, and to one pint of the juyce take one quarter of a pint of Spring-water; put it into the Mortar with the ſtamped Violets which you have ſtrained, ſtamp them

them together a while; and ſtrain the Water well from them, and mix them with your other juyce; then put it into a long Gally-pot, and to each pint of Juyce put in one pound of double Refined Sugar; let it ſtand cloſe covered for the ſpace of twelve hours; then put in a little quantity of Juyce of Lemmon, that will make it look purely tranſparent; then ſet your Gally-pot into a Kettle of ſeething-water covered, till you find it to be thick enough; then ſet it by till it is cold, and then put it up.

Sirrop of Roſes; a good way.

Fill a great Stone-pot with Damask-Roſe leaves, as hard as you can thruſt it; then fill it up with Damask-Roſe water, and cover it with Stone or Glaſs, and ſet it into a Kettle of boiling Water, till you find that the Roſe-water be very well coloured, which may be about four hours; then ſtrain it out hard, and put the Liquor into a Gally-pot, and to every pint of it, put two pounds of Sugar; then cover the Pot

and

and ſet it into a Kettle of ſeething Water, and let it ſtand till it be a thick Sirrup: when it is cold put it up and keep it for your uſe; it will worke very kindly, and very effectually.

The beſt way to preſerve Fruits.

Wet the Sugar for them with the juyce of ſome of the ſame Fruit, inſtead of Water, and that will give a full and lively taſte, and they will keep the better: The worſt of your Fruit will ſerve for that.

Be pleaſed to obſerve my former Books for the ordering of all Fruits in the Preſerving, only do not put in Roſe-water ſo generally, as is ſet down, becauſe it is not ſo much uſed as formerly, unleſs in Cordial things, or ſome other particular things; therefore where it is liked uſe it, or elſe not, for we have new Modes for Eating and Drinking, as well as for Apparel: One cannot ſo ſtrictly ſet down any thing, but that in the making of Sauce, dreſſing of Meat, with Seaſoning, Preſerving ſeveral things, and the like, there muſt be a judgment in thoſe who order them, to leave out, or

to add, or else they will please but a few pallets; for some do hate the taste of what others do extreamly love.

To make very fine Jelly for a weak stomach.

Take Calves-Feet, or Sheeps-Trotters cleanly dressed, and split them in half; put them into a Pipkin with as much Whitewine as will cover them, put in a little Salt, make it boil, and scum it well; then put in a blade or two of whole Mace, with a sprig or two of Time, and a little Lemmon-pill, put in a few Dates sliced very thin; cover it close, and let it boil leisurely till the Feet be very tender; then take them up, and eat them if you please; and take the Liquor and strain it, and to a quart of it put in the juyce of one Lemmon, and as much fine Sugar as will well sweeten it, and set it over the fire till the Sugar be throughly melted; then keep it in a Gally-pot, and give the Party of it three or four times in a day, as much as they please to take; if you like it, you may put in a little Ambergreace and Rose-water; the one is pleasing and good for a weak stomach, the other for the Brain;

Amber-

Amber-greace is good for the Head (if inwardly taken) but it is not good to ſmell to, becauſe it will raiſe fumes to the head: Yet obſerve this, I once did ask a Phyſician concerning Musk and Ambergreace, Why the ſmell of either of them did offend ſo much? He Anſwered me thus; "The reaſon (ſaith 'he) why either of them are ſo offen-'ſive, is, becauſe they ſmell but a little, 'and do only diſturb; but if they go 'into a Shop where ſtore is, and ſmell to 'divers pounds of it, they will find it 'rather a purge downward, than a raiſer 'of Fumes to the Head.

To Candy White Sugar; excellent good for any Cough or Cold.

Take two pounds of the beſt powdered Sugar, and put it in a Diſh to dry very well in a warm Oven; then beat it fine and ſearce it; mix with this quantity, one ounce of the beſt prepared Amber; mingle them very well together, and put them into a Preſerving-Pan, with one pint of Fair-water; melt it over a gentle fire, and when it boils,

put

put in the White of an Egg to clarifie it; then ſcum it very well, and when you perceive it to be as clear as Chryſtal, then let it ſtand in the Pan until it be cold, covered very cloſe: then take fair Running-water about two quarts, and one ounce of the cleareſt Roch-Allom beaten to powder, mix them together, and let them ſtand twenty four hours: When you have ſo done, take an Earthen-Veſſel, or Pot, and ſome few ſticks of the whiteſt ſappy-Firr, ſplintered from un-wrought Deal, and place your ſticks as you do in a Bee-Hive; croſs every way, ſet this Pot over a few Embers empty; then mix your Sugar and your Water in your Preſerving-Pan, ſetting them upon the fire; and ſo ſoon as you perceive the Sugar to ſink, then pour out the Water, having a Cullender; pour your Sugar into the ſaid Pot very gently through the Cullender, and it will Candy preſently in ſquare forms, and that which falleth to the bottom will be as good as the reſt, though perhaps not altogether ſo clear of colour; as ſoon as you have poured in all your Sugar, which will rope like Hony; then ſtop your

your Pot very close, and let the Pot stand in a Vessel of cold water four daies very well luted; they usually break the Pot when they take the Candy; then break it off the sticks, and keep it in a Box in some dry place.

A most rare Receipt for the Scurvy; for old Catarrhs or Rheums; or for a Consumption.

Take a good quantity of Scurvy-grass, and beat it, and strain it; take the juyce thereof and set it over the fire till it be hot, but let it not boil; so soon as you see a thick scum arise, take it off, and strain it through a linnen Cloth, but never press it between your fingers; as soon as the scum is thrown away, then set it over the fire again, and take clarified Hony three ounces, Butter clarified with three Cloves of Garlick one ounce, Anniseeds half an ounce, Ennulacampane half an ounce, Liquorish half an ounce, powdered very fine, and searced through a lawn Sieve, Saffron one dram finely beaten, White Sugar-Candy finely beaten one ounce; mix all these powders very

very well together, and ſtrew them carefully into the aforeſaid Juyce, with the clarified Butter and Hony, and keep it continually ſtirring till you have incorporated it fully over the fire; then take it from the fire, and keep it ſtirring till it be cold: then if you have a mind to keep it for a Sirrop, you may keep it in a Gally-pot, or you may make it thicker with more Sugar-Candy; add a little Flos Sulphuris, and you may perfume them if you pleaſe; that is, if you ſtiffen it enough for Lozenges.

An exeellent Medicine for any Obſtructions.

Take a quarter of a peck of fine Wheat-flower, half an ounce of Cloves beaten very fine, two Nutmegs, and a quarter of an ounce of Mace beaten fine, mix theſe well with the Flower; as alſo half a pound of fine Sugar beaten and ſearced; put in ſome juyce of Harts-tongue and Liver-wort, the yolks of ſix Eggs, and ſix ounces of freſh ſweet Butter, knead it together very well, and make it into a Cake, and bake it with Bread;

Bread; eat of it very often and no doubt you will find good of it, for it hath done very great Cures upon many who were Obſtructed.

Here is a moſt excellent Plaiſter, which is called the Catholick, *and for fear I ſhould forget it, I will not omit it any any longer.*

Take of Roſin beaten beaten to powder two pounds and a half, Heifers Tallow one pound and a quarter, tryed with a gentle fire and cleanſed; when it is cold ſcrape away the droſs from the bottom, and melt it in a Braſs Veſſel; then ſtrew in the Roſin by handfuls, and ſtir it with a Willow Spatula, continually ſtirring it, until it be all ſtirred in and melted; then have ready a Baſon of Pewter, and in it of Water of Camomile, of *Engliſh* Briony-Root, and of Damask Roſe-water, of each eight ounces, with powder of Salt of Wormwood, Salt of Tartar, Salt of Scurvy-graſs, Vitriol camphonate, of each one ounce and half; then pour in the melted body and ſtir it with the Spatula from the Eaſt to the

Weſt,

West, round continually, until the body have seemingly swallowed up all the Waters and Salt; continue it stirring until the Water appear, and thus work it until the body be as white as Snow; then let it stand a Month in the Water, covered from dust; and when you use it, let it not come near any fire, but work a little at a time, until it be as white as Snow on the brawn of your hand, over against the little-Finger; spread it on a linnen-Cloth or Leather, for the best *Catholick* Plaister in the World; for the Reins in all Accidents; for all Bruises and great Contusions, and where the Bones are broken into small bits, to ease pains; least a Gangrene ensue; then twice a day foment the part with hot stroops wrung out of a fomentation, made with a strong Lye of three quarts made with Wood-Ashes, then in the Lye Centaury, St. *Johns* Wort, Mallows, Wormwood, of each a good handful, one root of *Solomons* Seal, if you can get one, or else it may be made without foment with hot stroops wrung out of this liquor of Wollen Cloaths, and apply to the part as hot as may be, and cover it with Blankets to keep in the heat, and

and before it be quite cold, renew another hot ſtroop; continue this order one hour Morning and Evening, then preſently apply the Plaiſter a little warmed every time; when you ſee want, ſpread it again if you ſee cauſe. But when ſuch ſhatterings are of Bones, Contuſed Wounds, Diſlocations; roul it not up as other fractures, but have a Box made open at each end, and lay the part on a pillow, and let the ſtrings of binding come about the pillow, and lay the Member in the Box; bind it not hard, and ſometimes not at all. This is a very great Secret, and to be valued.

To make fine Jelly of Fruit, which will look tranſparent.

Take ſome Iſinglaſs and break it in little bits, and boil it in Water very well, and ſtrain it; then colour it with any ſort of Fruit, by putting in the juyce thereof; then to every pint of it take one pound of the beſt refined Sugar, boil them together, and ſcum it very well; and when you find it to be enough, put it into flat Glaſſes, and keep it in a Cubbord.

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You may make Jelly of any Cordial Herb or Flower in this manner, which will be very comfortable and ſtrengthning, and alſo very pleaſant.

A pretty ſweet Meat of Lettuce-ſtalks.

Boil them in ſeveral Waters till they are tender, then waſh them in cold water, and dry them well, then take their weight in fine Sugar, juſt wet it with Water, and boil it to a Candy-height; then put in your ſtalks, being firſt ſtamped in a Mortar very well; boil them together till it be very cleer, and take them from the fire, and put them into Glaſſes; and if you pleaſe you may add a little juyce of a Lemmon to it as it boils, and a little candid pill of a Lemmon ſhred ſmall, for that will give a good taſte, and make it look very beautiful.

In like manner you may do with Harty-Choaks bottoms, when they are boiled tender.

To

To make Marmalade of Damsons.

Take your Damsons and scald them in Water till the skins do crack; then pill them, and take away the Stones; then beat them well in a Mortar; then take their weight in fine Sugar, wet it with Water, and boil it to a Candy-height; then put in your Damsons, and boil it and keep it stirring continually, till it will come from the bottom of the Posnet.

To make Sirrop of Snails; most admirable in Consumptions.

Take shell-Snails, and break their shells off, and wash them very well in a Pan with Water and Salt, and then with several Waters alone till they be very clean; then put them into a long Gally-pot, with a blade or two of Mace, and a little quantity of Whitewine; cover the Pot, and set it into a Kettle of boiling Water, for the space of two hours or more; then put them out into an Hippocras Bag, and hang them up to drain and let them drop into a Glass with a mouth so wide as that it may not drop besides, and when it hath dropped all it will; then to a pint of it take a pound of White Sugar Candy, two spoonfuls of

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the beſt Cinnamon-water, one quarter of a pint of red Roſe-water, one grain of Ambergreace, and twelve ſheets of Leaf-Gold; put all theſe into the Glaſs, and let it ſtand all night; then ſet it carefully into a Kettle of Water when it is cold, and faſten it very well about with Hay, and let the Kettle be ſet on the fire, and by degrees be made to boil; but if you ſhould put in a Pot or Glaſs into a Kettle of boiling hot Water, the ſuddain heat would break it, or elſe not.

Let it ſtand thus ſlightly covered, till you find that the Sugar be quite incorporated with the Juyce; when it is taken off and cold, put it up to keep, and give the Party of it two ſpoonfuls at a time, twice in a day, in the Morning and in the Afternoon, about four of the Clock.

Very fine Lozenges for a Cough of defluxion of Rheum.

Take two ounces of powder of Liquoriſh, half an ounce of powder of Aniſeeds, one quarter of an ounce of powder of Elecampane, one dram of flower of Brimſtone, and one dram of prepared red Corral, one pound of double refined Sugar beaten and ſearced; then with ſome Gum-Dragon ſteeped all night

in

in red Roſe-water, beat them into a paſte, then mold it up with a little ſearced Sugar, and make it up into Lozenges; print them with a Seal, and dry them in the Sun, or in ſome warm place; eat of theſe often in the day or night, putting one in your mouth, and let it lye till it be quite melted.

To make a Paſte very delicate, rich, and very pleaſant.

Take one pound of red Quince-Marmelade, which is made very ſmooth, one ounce of candid Lemmon-pill, one ounce of candid Cittron-pill, one ounce of candid Iringo-root, one ounce of candid Ginger, one ounce of Dates ſliced thin, and one ounce of Prunels; let all theſe be cut ſmall, and beaten with a little Sack to a Paſte; then put your Marmelade to them, with four ounces of ſweet Almonds blanched and beaten, and four ounces of fine Sugar beaten and ſearced, and a little Gum-Dragon, ſteeped all night in fair water; when you have beaten them extream well, then take it out and mold it up with ſearced Sugar, and make it into little Cakes, of what form you pleaſe, and dry them upon Wafer-

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sheets on Tin-plates in an Oven after Bread is drawn. If you please you may perfume some of them.

To make good Drink to comfort you in a cold Morning.

Take a pint and a half of Claret-Wine, and half a pint of stale strong-Beer; boil them with such Spice as you like very well, and a little Lemmon-pill; then take the Yolks of four or five Eggs, and beat them very well; then put so much Sugar into your Wine, as you think will well sweeten it; and after mixing some of your hot Wine with the Eggs, brew them and the Wine very well together, and let there be a little piece of Butter in it. Be sure to brew it apace that it curdle not, for then it is spoiled.

To make an excellent Cordial Electuary, for to restore one that is weak, or against Melancholy.

Take of Conserve of Burrage flowers, Rosemary flowers, of Marigold flowers, of Sage flowers, of Betony flowers; of each of these one ounce, two ounces of Sirrop

of Clove-Gilly flowers, two ounces of the Sirrop of the juyce of Cittrons, one dram of Confection of Alkermes, two ounces of the beſt Cinnamon Water, and twelve or fourteen leaves of Leaf-Gold, with one ounce of prepared Corral, either White or Red; mix all theſe together very well, and take about the quantity of a Walnut every night when you go to Bed.

A very good Cordial Water without the trouble of a Still.

Take two quarts of Brandy, and keep it in a great Glaſs with a reaſonable narrow mouth; put into it of Cloves, Nutmeg, Cinnamon and Ginger, Cardemon ſeeds, Coriander ſeeds, Anniſeeds, Liquoriſh, of each of theſe half an ounce bruiſed; Long-pepper and Grains of each one dram bruiſed, Elecampane one quarter of an ounce bruiſed; let all theſe ſteep in the Brandy a fortnight, then pour it out into another Glaſs ſoftly, ſo long as it will run clear; then put more Brandy into the Glaſs where the Ingredients are, and let that ſtand three weeks; and ſo long as you find

find there is any ſtrength in the Ingredients, ſtill put in more Brandy, and let it ſtand every time longer and longer.

Then take your firſt two quarts of Brandy which you poured off, and put in it four ounces of White Sugar-Candy, and ſo much Sirrop of Clove-Gilly flowers as will well colour it, with ſtore of Leaf-Gold; give two ſpoonfuls at a time: It is good in caſe of any Illneſs or Swouning, to drive out any infection and venemous humors; it is good for Wind in the Stomach, and to keep out Cold.

A pretty Sweet-meat made of Grapes, very good in Feavors.

Take Grapes and pluck them from their Stalks, and bruiſe them well; then ſtrain them through a Strainer made of *French* Canvas; then ſet that juyce in a Gally-pot into a Kettle of boiling Water for three hours; then take the weight of it in fine Sugar, and boil it to a Candy height, then put in your juyce of Grapes, and boil it till it be very clear, and ſcum it well; then put it into Glaſſes, and ſet them into a Stove for a while.

To make Marmelade with Barberries, and Pippins.

Take one pound of fine Sugar, and a pint of Water, and boil them together, and ſcum them very well; then put into that Sirrop one pound of the beſt Pippins pared, and cut in quarters and Coared; boil them quick in this Sirrop till they are extream clear; then take them and bruiſe them as ſmall as you can with the back of a Spoon; then put to them one pound of Conſerve of Barberries that is curiouſly made, and ſtir them well together, and let them boil till they are well incorporated, and then put them into Glaſſes. This is very Cordial and pleaſant in Feavors.

To Candy Fruits after they have lien in Sirrop.

Take any ſort of Fruit which you have preſerved; as Apples, Pears, Plumbs, Oranges, Lemmons, Citrons, or any other, and lay them out of their Sirrop all night to drain; then lay them upon Sieves, and ſet them into a warm Oven to dry; then waſh them over with Wate

wherein

wherein Gum-Arabick hath lien to ſteep one night. and do it with a Feather; then have in readineſs ſome White Sugar Candy, beaten not fine but groſly, and ſome ſmall, ſome bigger; ſo ſoon as you have waſhed your Fruit with Gum-water, then ſtrew it over with this Sugar Candy, ſo thick as the Gum will hold them on, and lay them upon ſlicked-Papers to dry in the Sun, and turn them often; and if you ſee any fault mend it with more Gum-water and Sugar.

This is an extraordinary pretty way, and looks very delicately; and as they lie in the Sun they will ſparkle like Diamonds: it is ſoon done, and with as little Coſt as that which taketh up more time.

To make a pretty Toy to hang up in the Kitchin to catch Flies, or rather to keep them from ſpoiling the Pewter, or troubling People.

Take a ſquare Trencher, and bore a hole at each Corner; then take four Cucumbers of an equal bigneſs, and not too long, and let them every one have ſtalks, by which you muſt tie them with

pack-thred to the four holes of the Trencher, and let your Trencher be painted over; and when it is dry wash it over with Gum-water, and strew it thick with French-frost; then take some Barley, and stick your Cucumbers thick with the Corns, with the growing ends outward; then wash them over with Gum-water, and Frost them, and so let them dry as they hang; and on the top of the Trencher set some pretty kinds of Toys, as Babies, Dogs, Birds, or any thing you fancy better, and tie knots of fine Ribbon at every Corner, which may hide the Stalks of the Cucumbers; they do look strangely and prettily, and the sight of them is pleasing to Children to quiet them.

To lay on Leaf-Gold or Silver to any thing you would Gild.

Take Gum-water, made with Arabick, and let it be pretty stiff; then lay it on with your Pencil where you would Gild; then take a little Cushion, made for the purpose, of very smooth Leather, and upon that cut your Gold with a sharp Knife, as you will; and to take it up, draw

draw the edge of your Knife finely upon your Tongue, that it may be only wet, with which, do but touch the very edge of your Gold and it will come up, and you may lay it as you lift; but before you lay it on, let your Gum be almoſt dry, or elſe it will drown your Gold: and when you have laid it, preſs it down hard with the skut of a Hare, and when it is dry, burniſh it over with a Dogs-tooth. This is the right way to lay on either Gold or Silver. You may gild any Wood, or Stone, or Sweetmeats, as what you make in Sugar, Plate, or ſuch like.

To dreſs up a Chimney very fine for the Summer time, as I have done many, and they have been liked very well.

Firſt, take a pack-thred and faſten it even to the inner part of the Chimney, ſo high as that you can ſee no higher as you walk up and down the Houſe; you muſt drive in ſeveral Nails to hold this pack-thred, for that is to hold up all your work; then get good ſtore of old green Moſs from Trees, and melt an equal proportion of Bees-wax and Roſin together,

and while it is hot, dip the wrong ends of the Moſs in it, and preſently clap it upon your pack-thred, and preſs it down hard with your hand; you muſt make haſt, elſe it will cool before you can faſten it, and then it will fall down; do ſo all round where the pack-thred goes, and the next row you muſt joyn to that ſo that it may ſeem all in one, thus do till you have finiſhed it down to the bottom: then take ſome other kind of Moſs, of a whitiſh-colour and ſtiff, and of ſeveral ſorts or kinds, and place that upon the other, here and there careleſly, and in ſome places put a good deal, and ſome a little; then any kind of fine Snail-ſhells, in which the Snails are dead, and little Toad-ſtools, which are very old, and look like Velvet, or any other thing that is old and pretty; place it here and there as your fancy ſerves, and faſten all with Wax and Rolin. Then for the Hearth of your Chimney, you may lay ſome Orpan-Sprigs in order all over, and it will grow as it lies; and according to the Seaſon, get what flowers you can, and ſtick in as if they grew, and a few ſprigs of Sweet-Bryer: the Flowers you muſt renew every Week; but

but the Moss will last all the Summer, till it will be time to make a fire; and the Orpan will last near two Months. A Chimney thus done doth grace a Room exceedingly.

Another way for Chimneys very fine; but will not last half so long.

Take a fine thin Wainscot-board, about three quarters of a yard long, and proportionably broad, for what you do intend it; let it be cut in what form best pleases you.

I have seen some cut like a Rose and Crown; some a Flower de Luce; some other flowers: when it is cut out, let it be all over thick with pieces of Wier sharped at one end, and drove in about an inch in length, each of them: then lay it upon a Table, and take some Clay wetted a little, and lay all over it, till you have quite filled up the Wiers with the Clay, for it is they must hold it on: Then round about the edges every where, stick it thick with little small sprigs of green Tamerisk or Cypress; or for want of either of these, take Ewe-sprigs, and be sure to stick them so

that not any part of the edges may be diſcovered; then according to the form of the Board you muſt chooſe your Flowers and Herbs.

If it be for a Roſe, then your Flowers muſt be all Red, yet of divers kinds; if there be a Crown that muſt be all of Yellow flowers; if a Flower de Luce, then Blew, or Purple and Yellow, and ſo to every other: let your Flowers be all picked ready, and every ſort laid by themſelves; then run the Stalks of them into the Clay near to the Flower, and ſo do till you have finiſhed all; and put the Greens alſo in their proper place, as in the leaves and bearbs of the Flowers; when you have quite done, ſet it into the Chimney, and let the bottom of it reſt within a great Flower-pot, ſuch as they make for Chimneys: It muſt be lifted by three or four People at once very carefully, or elſe you will ſpoil all; for it will be ſo weighty, and the Board ſo thin, that it is eaſily broke in the moving. When you have ſet it as it ſhould be, then cover your Chimneys-Hearth with Green things, and then with fine Flowers, and be ſure to cover your Pot alſo that there may be no diſcovery; it

will

will be fresh two Months if you sprinkle it with Water.

I have here directed you to many things, which will (no doubt) be pleasant and profitable to you. Give me leave now to treat a little concerning the Behaviour of the Female Sex, and to give Counsel to those who need it, because I find there is some need of it. In my Book called *The Ladies Guide*, I did speak very much to them, but most to the Younger sort. My intention was to have inlarged that Book, if Mr. *Newman* had done me that right, as to have let me known when he would print it; but it was his pleasure to employ another; who hath so transformed the Book, that it is nothing like what I had written: It is now about Eight years or more since I writ that *Guide*, which was sold for twelve pence the Book; and it is above twelve Months since the New one came out, which sold for half a Crown the Book. I thought to have sued him for it, but he very cunningly prevented that by taking advantage of me; notwithstanding he must give me leave to say the truth, That that Edition was none of my Writing, I will never disown

what

what I do Write, nor am I willing to own what I writ not. He did indeed (after I had Cavilled with him, and ſhewed him vvherein I vvas abuſed by his Writer) give me a ſmall matter to look it over, and told me that I ſhould take out, and put in the room of it vvhat I beſt pleaſed, and agreed with me by the Sheet vvhat to give me, which I did accordingly: and truly, I dealt very Friendly with him; for I took away nothing but that which was ſcandalous, ridiculous, and impertinent, and put in only that vvhich vvas innocent and harmleſs: So willing was I to be peaceable vvith him, and I thought he vvould have been Civil to me; but vvhen I brought it to him, he did not give me the one half of what I bargain'd for: I asking him why he dealt ſo unworthily with me? He ſaid, it was his humour to give me no more. So now he may take notice that it is my Humour to let all People know, that I was abuſed in that his late printed Book. He told me, he cared not for my Name, he would print it without it: if he do ſo, I have nothing to do with it. I ſhould not ſpeak ſo much did I not find a prejudice:

for

for People of vvorth do wonder why I would Write so; and I have vindicated my self to those who told me of it, with telling the Truth. Now to proceed:

In that Book which was mine (called *The Ladies Guide*) there was as good Instructions to Youth, as I can imagine to give; and also to all manner of Servants, what their duty was each one in their several Employs; and there vvas the Mistresses part as well as theirs: The Wife to the Husband, the Widow to the World: and indeed when I writ it, I could not tell how to say more. He would do himself much right, as well as me, to print the same *Verbatim:* in the mean time I desire you to observe vvhat I shall say, which may do some of you much good for the future. There are very many at this present time vvho vvant Services, both Gentlewomen and others, and some of them very well accomplisht (those I find to be the most humble, and willing to please:) Another sort there be which have little in them; yet none but great Places vvill serve them; vvhich vvhen they have wearied themselves to find, and at last miss of what they have propounded to themselves,

ſelves, they are ready to run any extravagant Courſe ſtill to purchaſe fine Cloaths, then to conform to any Civility or Manners, or to take the Advice of thoſe who would aſſiſt them. Some who have apt Wits, and that dame Nature hath been favourable to, they are Courted to be Players: Some other of them to Bawdy-Houſes: Some are tempted to Steal. And thus many Wickednesſes are committed againſt God and Man, and themſelves brought into a moſt miſerable condition of living, or to a ſhameful end: whilſt the firſt I ſpake of are diligent to get wherewith to feed and cloath themſelves by ſome honeſt employ or other, till ſuch time as it ſhall pleaſe God better to provide for them, and keep cloſe to their buſineſs (not ſhewing themſelves in the Streets, but when they have juſt occaſion to go forth:) Such as theſe laſt ſhall never want my aſſiſtance, if it lye in my power to help them; for it is a great deal of pity but that all Ingenious and Honeſt minded Perſons ſhould be encouraged. I do love ſuch with my heart, and do beſeech them ſtill to truſt in him who is able to remedy all, or to give patience in ſufferings. I will now

tell you several Causes which may bring good Children, and Children of good Parents, many times, to be in Distress; as also, Why the other do commonly run into Wickedness, and what may for the future prevent such Miscarriages; with my loving and Christian Advice to both their Parents and them; and somewhat to those under whose Tuition they are, or may happen under.

The Cause why good Children, or the Children of worthy Parents, are oft-times in a distressed Condition.

IT hapneth oft-times, that a Gentleman having a good Estate, but many Children, he, and the care of a good Mother together doth make a very good shift to bring them all up (in appearance to the eye of the World) very handsomly; their Attire being such as becomes his and her Children; their Education such as is fitting for, or the best which can be attained in that place

place they live in: this they do till ſome of the Eldeſt are Women grown; and by that time they are conſidering how to beſtow them in the World, finding the Charge to be too great for them. If an Elder one Marry; although there be one leſs in the Family, yet carries more with her, than, if ſhe had ſtayed, would have been ſpent upon her: Her Husband perhaps in a ſhort time, by playing the Ill-fellow, is quite ruin'd, and his Wife turn'd home to her Parents again, with a Child or two to provide for. Where, after a vvhile, ſhe cannot abide to hear her Husband blamed, neither is ſhe willing to burden her Parents ſo much; ſhe endeavours to get into ſome good Service, to be Nurſe, and leaves her Child or Children vvith them. She hath her affliction, and doth vvaſte her ſelf vvith grief and ſorrow. The Parents find themſelves ſo burden'd, that they muſt needs ſend ſome of the reſt out to Service: and here they come to *London*, perhaps to ſome Cozin, or ſome Friend, thinking to get ſome place or other quickly, but find it a hard buſineſs. Their Friends beginning to grumble at their being; their Cloaths beginning to wear

out

out, and all their Mony spent; then do they find themselves in a desperate Condition, and do seek some place or other to Lodge in, and are content to be imployed in any honest way to get a penny, till they can procure a Service; being not willing to return to their Parents, to add to their greif. Some men are undone by Surety-ship; some with the Ill-chance of a Die; some by Fire; some by Sea; some by long-sickness; some by Robbery; some by Suits in Law; some by War; and many other waies there are to bring Men to destruction; and then their Wives and Children must needs be exposed to Misery: The poor Mother, she employs her self in somewhat or other to maintain her self, and the younger Children, who are not yet able to take care of themselves: and for the Elder ones, they are forced to Service, and are fain to accept for the present, which are but slavish, rather then to follow any Ill-course of Life. All these, you will say, have their Afflictions; and you have sufficient Reasons for the Causes thereof.

The Cauſes why others do commonly run into Miſchief and Wickedneſs.

They are ſuch whoſe Fathers have died vvhen they vvere young, and their Mother perhaps by a ſecond match hath ruin'd her ſelf, and them; or ſhe hath been left in ſo miſerable a condition, that ſhe hath not been capable of Adviſing them, nor able to bring them up as ſhe ſhould do in the Fear of God: ſo that wanting that, they have grown Refractory to her, and forgot their Duty, and then liable to all Temptations whatever. Some Parents have both died, and left their Children to the Care of ſome near Friend, and their Eſtates to be managed by them for the Childrens good; and thoſe Truſtees have been neglectful of thoſe in their Charge, and have ſpent all which vvas left for them, and then expoſed them to the mercy of the World vvithout Education or Mony: And ſome are naturally inclin'd to Wickedneſs and that is worſt of all; For it is as hard to bring them to good, as to vvaſh a Black-Moor white, or to make a Fool vviſe; both vvhich are I think impoſ-

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ſible: ſome for vvant of good Principles, and vvhich have been left too much to their own Will, to do even vvhat they liſt, and vvhen they liſt. God knows our Nature of it ſelf is prone to nothing but Evil; therefore how happy are they that have careful Parents, that are not over-fond to leave them to their own Will, nor cruel to them in their Corrections; but do vviſely and ſoberly, religiouſly and lovingly Nurture them, and ſtrictly keep them to Church, and Family Duties, ſuch do ſeldome go aſtray; for God vvill certainly bleſs thoſe Children for the Parents ſake.

And how unhappy are thoſe vvhoſe Parents are careleſs of their Childrens Education, and not only ſo, but do alſo ruine them by giving an ill Example.

Of all theſe vvhich I have mentioned, I at this preſent know ſome, both Parents and Children, every one of their Conditions in particular, and am truly ſorry for their Affliction; for certainly there is no greater Grief than ill Husbands, and ill Wives, cauſe to one another, or vvhat ill Children create to their Parents or they to them.

I thank God, though I have paſſed through many more Afflictions and Troubles then thouſands of my Sex, yet I never had an ill Husband, nor undutiful Children; but (on the contrary) I have been marryed to two Worthy, Eminent, and brave Perſons; and I have four Sons, as good Children as ever Mother did bear. For my own part, I can ſay nothing for my ſelf, what Wife or Mother I have been; but if no Accuſation come againſt me, I have no reaſon to accuſe my ſelf. I give thanks and glory to Almighty God, for what benefits I have received from time to time; eſpecially for thoſe Bleſſings which I do at this preſent enjoy; The lives and welfare of my Dear Children, The happy choice which two of them have made in their Wives, and that I have lived to ſee two ſweet Babes from their Loyns. Such like comfort as this I wiſh to all good Chriſtians.

Advice to Parents concerning their Children, and advice to Children concerning their Parents: Also to any Person under whose Tuition they may be; which (if well observed) may prevent much wickedness for the future.

YOU who are the Mothers of Children, I advice you to have an especial Care, first, That they be well-grounded in the Principles of true Religion: That they keep duly to Church and to Family Duties: That they duly ask you Blessing; and make them to know their Distance, by keeping them to all due Reverence: Let them be lovingly and quietly Governed; not with perpetual Chiding and Brawling, but treat with them mildly and gently; unless you find them Refractory to your Commands; if so, then some Austere language must be used: and when they do well, be kind to them, and encourage them. Let them not be too nice in their Diet; but teach them to know, that God

God is worthy of Thanks and Praiſe for the leaſt bit or drop they Eat or Drink. Let them be neat and decent in their Habit, not at all Extravagant: have a care what Company they keep, and do not give them too much Liberty, neither deny them lawful Recreations. Let them not have the command of your Purſe, neither let them be without a little; and as they manage that, give them more. Let them learn whatever they are capable of, or that you have opportunity for the Learning, and eſpecially what their Genious is inclined to; for that to be ſure they will be excellent at. Let them be fully employed, but with diverſity of things; that will be a delight to them, and they will have no time to give heed to wicked Temptations, nor no room for idle Thoughts. Suffer them not to tell you a Lie, but encourage them alwaies to tell the Truth; for lying is the ground of all Miſchief. Teach them to be Houſwifely in their Cloaths, and too ſparing of them. Let them learn the way of Houſe-keeping, by acting your Commands. Let them know how to entertain Friends, and to be Courteous to Strangers, and

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loving to your Servants; not Domineering over them, nor yet too familiar with them. Advise them to be modest in their Carriage in mens Company, for fear of ill Censures. Suffer them not to be too loud in their Discourse, nor Snappish and Peevish with any. Give them Counsel, who are your Children, to Love one another, and alwaies to give more than ordinary Respect to the Eldest.

These things, if you will please to observe to Command them, and they will be careful to obey you, you shall not need to doubt of your happiness in them; and they will alwaies have reason to bless God for such a Parent, or Parents, who were not only the Cause of their being, but also of their well-being. But if by ill-Fate (after all this Care) you should have a Rebellious and refractory Child, your frequent Prayers to Almighty God will be the only way to reclaim them. But truly, I do think there is no other way, nor no better way to prevent Wickedness in Children, then this I have proposed; which perhaps, you may say is needless, because you know already how to order them.

I beſeech your pardon; for we are not ſo fit to adviſe our ſelves as others, for our Indulgence oftentimes blinds us: Therefore we are fitter to Adviſe one another, then any one to Adviſe their ſelves.

Neglect of Childrens good, by being over-Fond ruines them. Too much Severity doth ſo too: I cannot tell which is worſt: Therefore it is good to ſhun both, and to keep the middle way.

All you Children, who have Parents living, obſerve your Duty to them, and whatſoever they Command you, do, and God will bleſs you the better; for he hath Commanded you, to *Honour your Father and Mother.* If they do Chide you, bear it patiently, and do not provoke them to continue their Anger by unreverent Anſwers, but be ſilent and ſubmiſſive to them.

Be careful of your time when you Learn any thing, and do not let the Mony (which they are willing to disburſe for you) be loſt through your Idleneſs. Obſerve every one how they do order their Houſes, and how they do make this or that; and what you cannot remember,

member, that write down, that it may ſtead you another time.

Be careful of your Parents when they are Sick, and reverence them when they are Aged. Burthen them not when you come to be of Age of Diſcretion, but think with your ſelf how, or which way to eaſe them.

Take heed what Company you keep, for fear they corrupt you, and draw you into miſchief.

Go not from your Parents without their leave, leaſt you grieve them; and bring a Curſe upon your ſelves, by Diſobeying them.

Depend on no Friends, but truſt in him who is able always to provide for you, and that will never fail thoſe who wait upon him patiently without diſtruſt; he is never weary of hearing the complaint of the Widow and Fatherleſs, nor of any who are in Diſtreſs. On the other ſide, do not neglect or ſlight your Friends; but ſhew your duty to them in your reſpects, and give ear to their good Counſel.

When you are abſent from your Parents, be ſure to Write to them ſo often as need ſhall require, and let not what

you Write be impertinent and troubleſome.

If God hath bleſt you with a good Lady or Miſtreſs, be you obſerving alwaies what may pleaſe her, and be humble and modeſt in your Behaviour; be neat and Houſwifely in your Cloaths, and lay up what Mony can handſomly be ſpared. Be careful of what ſhe gives you, or what you have in your Charge, that by ſo doing you may oblige her to be loving and kind to you, and cauſe her to ſpeak well of you. Do not keep familiarity with any, but thoſe by whom you may improve your time.

If you be an Apprentice; be careful that you learn your Trade well, that you may live another day: and let not the Mony your Parent or Friends gave for your good be thrown away by your Neglect and Careleſneſs.

If God hath bleſt you with a Fortune, be careful to improve it, and truſt not too much upon it. Never conſent to Marry with any man without your Parents or Friends Conſent, leaſt you be the Cauſe of their Grief and Sorrow; and bring your ſelf to Affliction and Miſery.

All

All you who have any Young Maidens, or Gentlewomen, under your Charge or Tuition, be you alwaies mindful of their Good as well as your own. If they are put to School to you, or Apprentices, let them not lose their Youthful time, which cannot be redeemed; but keep them strictly to their Duty in a loving and mild way. If they come as Servants to you for Wages, be not cruel to them in severe Language; nor impose more upon them than they shall be able to perform; nor pinch them in their Diet, but allow them such Food as is convenient for them. When they do their Duty to you, be you pleased to encourage them, by giving them good words, and bestow some small Favour on them. Advise them how to lay out their Mony, and never to spend all, but keep some for a reserve. Let them go decently, not vainly and proudly: and command them duly to the Service of God.

I think I have spoken sufficiently to all I mentioned; and as I mean well, so, I hope, you will all of you take it well. With this my advice I wish you the Blessing of GOD,

and do desire the same from you upon my self; which is all the Gratification I do desire or expect from you.

Be pleased to take notice, that in my Book *The Ladies Guide*, I did give direction for the Writing of Letters; but it was only to such as were Young, and to Servants. I think it not amiss to give some Forms or Patterns of Letters for Elder, and more serious people; for I do daily find, that in Writing most Women are to seek. They many times spend their time in Learning a good Hand; but their English and Language is, The one not easie to understand, The other weak and impertinent. I meet with Letters my self sometimes, that I could even tear them as I read them, they are so full of impertinency, and so tedious. I will begin with one of them; not that you should take example by it to do the same; but I set it as a thing to be abhorr'd, and shun'd.

From

From a Sister to a Brother, far distant from her.

Dear Brother,

MY love remembred unto you, hoping that you are in good health as I am at the writing hereof, praised be God. I hope you got well to your Journeys end; I pray let us know. My Father and my Mother do remember their Love to you; and my Sister *Betty* remembers her Love to you; and my Brother *John*, and my Brother *Nicholas* do so too: and my Couzin *Jane* is Married, and she doth remember her Love to you, and her Husband remembers his Love to you, and says, he would be glad to see you, and to be acquainted with you. My Couzin *Robin* remembers his Love to you; and my Couzin *Nan* remembers her Love to you; and I remember my Love to you. So I rest

Your loving Sister till death,

Elizabeth Spanner.

You see in this Letter how ridiculous it is to Write after this manner, the language being both impertinent and foolish: Give me leave now to shew you

what ill Engliſh is, and tell me which is worſt, for I do not yet know.

From a Daughter to her Mother.

Dear Mother,

MY duty remembred unto you hopping that you are in good helth as i am at the Riting hereof praſed be God, this is to let you underſtand that i have receved the things you ſent to me by *Tomas Frenge* and he had a grot of me for the bringing them, i pray do not forget my Come I left in the Kichen windo and my Aporn in the Chamber, pray ſend them al to me, i hop my Father is wel and my brother *Ned* and my ſuſter *Joice* and i hop godie *welſh* is wel, thus with my love and duty to you i reſt

your dutiful daſter

Ann Blackwell.

Now I have ſhewed you how ridiculous and ſimple, and how impertinent theſe are; I will alſo ſhew you how to Write that it may be effectual in what you

you ſhall deſire, and alſo acceptable to thoſe you Write to. You ſhall find here Letters upon all Occaſions which commonly concern us; and ſome others which accidentally may happen. Obſerve that you are not to Write word for word, but to take the manner of the Form it will teach you, and by ſo doing you may ſave your Purſe, and keep your Secrets to your ſelf.

Take notice that thoſe Letters I ſhall write as from People well knowing, is not to teach them how to Write, but to teach you how to Anſwer them.

From a Mother to a Daughter in a Ladies Service.

Dear Child,

I Do deſire to know how you do in your Service, and whether or no you think you ſhall be able to perform what you have undertaken: however I command you to be very diligent to pleaſe, that you may by that oblige your Lady to be kind to you, and willing to keep you. Be careful to ſerve God, and be pleaſing in your Carriage to all People. So ſoon as I know you ſhall ſtay I will ſend your Trunck, and other things.

Thus with your Fathers and my Bleſſing to you, and your Brothers and Siſters Love, I reſt

Your careful and loving Mother,

March 3. 1663.

Sarah Wild.

The Anſwer.

Moſt Dear and Honoured Mother,

I Received yours dated *March* the third, and do give you humble thanks for your Motherly Care of me; I have not yet been long enough to give you a full account how my Lady will like me: I hope well, becauſe as yet ſhe finds little or no fault with me. I beſeech you to aſſure your ſelf, that if I ſhould be turned home to you again, it ſhall be for what I cannot do, not what I will not do; but I hope better things, and I will ſtay here if it be poſſible, for it is a worthy Family, and they are very kind to me. My Lady likes my Dreſſing very well, and alſo what I Starch; but ſhe would fain have me more curious in my Point-Work. She will not let me waſh her Chamber becauſe I ſhould not ſpoil my Hands for Work. If ſhe like me well, I

ſhall

ſhall be glad, for I like her Service very well. Thus with my humble Duty preſented to you and to my Father; with my Love to my Brothers and Siſters, and to all my Friends: I take my leave, and do beſeech you to eſteem me as I endeavour to be, *Dear Mother*,

Your moſt Obedient Daughter,

March 10. 1663.

Mary Wild.

From a Siſter to a Brother.

Dear Brother,

YOur abſence at firſt cauſed much Grief, both to our Parents, and to us your loving Brothers and Siſters; but ſince we hear of your welfare, and very good liking, we are as much joyed, and do heartily wiſh and pray for the continuance of the ſame. We want the comfort of your Company; but we cannot live by ſight of each other. This is a miſerable World, and every one muſt be Careful and Induſtrious, or elſe it is impoſſible to wade the Troubles which it brings people in. We are happy in our Parents, that they took ſuch good Care

for us in our Education, to make us able to live in the World. I thank God I am in a very good Place, where I have the Love and good word of the People I ſerve: I do not doubt but to gain it more and more. My Mother as well as my Father Commanded me to write to you, and to let you know their Indiſpoſition, or elſe my Father would have Written to you himſelf. He hath been ill of the Gout, and my Mother of an Ague; but I hope they will both do very well again. My Brother *James* hath alſo hurt his Side by a Fall, but he is on the mending hand. Thus with my Fathers and Mothers Bleſſing to you; with mine, my Brothers and Siſters Love to you, I reſt,

Dear Brother,

Your ever affectionate Siſter,

Decemb. 4. 1665.

Martha Hopewell.

From one Friend to another.

Honoured Friend,

I Have written to you ſeveral times, to let you know what I have done concerning the Buſineſs you were pleaſed to intruſt me withal; but hearing no

Anſwer

Answer, I fear my Letters have miscarried. This is now again to give you an account of what I have done. So soon as your Letter of commands came to my Hands, I went streight to Mr. *Shewer*, and demanded your Mony, delivering the Letter of Attorney you sent, to peruse, that he might know the truth; but he willing to while-off, told me, that he would pay it to you so soon as he could see you, and speak with you about some Business which concerns your good. If he keep his Word it will do very well. I was also with Mrs. *Madewell*, and she hath paid me; also with Mr. *Stockwell*, and he hath also paid me. I pray do me the favour as to see my little Girl for me, and know what Nurse wants, and I will send it down. I shall trouble you no more at this present, save only with the Service and Respects of

Your most affectionate Kinswoman, and humble Servant,

Novemb. 2, 1667.

Ann Boarman.

The

The Answer.

Dear Friend,

I Received yours; wherein you have given me full ſatisfaction concerning what I deſired you, for which I moſt humbly thank you, and do deſire you will be pleaſed to accept this Token from me: I wiſh it were better; but I know your Temper ſo well, that your Eye will not be over-curious with me, nor mind the Gift more than the Giver, but take all in good part. I have ſeen your little one, which is in good health. Nurſe wants nothing as yet. All our Friends here are well, and deſire you to accept their Love and Service. Thus with mine in particular to you, I reſt

Your ever obliged Friend,
and devoted Servant,

Novemb. 2. 1667.

J. M.

From one Siſter to another.

Dear Siſter,

I Am very glad to hear you do ſo well, and that you have recovered your Health again; I pray God continue it to you. My Mother remembers her

Love

Love and Bleſſing to you, and deſires you will ſend her the Receipt for the Stone; for ſhe hath great need of it, both for her ſelf and others. She deſires to know when you think you ſhall come to Town. I am in a little haſte, and nought elſe at preſent, but my dear Love and Reſpects to you, and to tell you that I am, and ever will be, *Dear Siſter,*

Yours ever to love and ſerve you,

Decemb. 6. 1654.

Mary South.

From a Lady to a Gentlewoman, whom ſhe hath a kindneſs for.

My dear Friend,

YOur Humility commands what Favour lies in my power to do for you or yours; therefore if you can condeſcend that your Daughter ſhall be a Servant to me, you ſhall find that I will be more a Mother than a Miſtreſs to her. I doubt not of her Abilities, ſince I know your care hath been very much for her Education. However, I may find her not at preſent altogether fit for my Service, yet I am confident ſhe will be capable that I do intend her good; and

and in relation to that, I know ſhe will endeavour to pleaſe me, or elſe ſhe muſt not be your Daughter. Fear nothing in me, I value your worth, and ſhall alſo value your Child; and what is wanting in her, I ſhall not ſpare my Purſe to give a full Accompliſhment to her; therefore if you pleaſe to ſend her ſpeedily it will be very well, becauſe at this time I am deſtitute; yet I might have the Choice of many Accompliſht Women, were it not a particular Kindneſs I have to you, that cauſes me to refuſe them. I deſire you will let her be handſomly Cloathed for your Credits ſake; which, if you lack Mony to do it, let me know, and I will ſoon furniſh you. Thus deſiring you not to delay, I remain

Your Friend to love

and ſerve you,

M. C.

The

The Answer.

Madam,

YOu have so much obliged me by your goodness and Charity towards me and my poor Child, that we are even transported with joy. Poor Girl, she sleeps not in the night, least any thing should happen to hinder her coming to you. Her Cloaths are making, but indeed I have not wherewith to pay for them, nor to provide other things which she very much wants: therefore since it is your Ladyships pleasure to send me Mony, I beseech you it may be speedily; and so soon as her Cloaths are finished, and other things bought, she shall tender her Duty and Service to you, and I will give her the best Instructions I can. I hope she will not be refractory to her Duty, but strive to be a good and faithful Servant; yet, if she should have any Childish faults, I beseech you, be pleased to let me know, that I may rebuke her for them. Be pleased to accept of my humble Service, and to believe that I am, *Madam,*

The most humble of your
poor Servants,
C. H.

From

From a Wife to her Husband, Craving his pardon for her long abſence from him.

Dear Heart,

WHen you gave me leave for my Journey, I did intend no other but to Return according to your Order; but the much Kindneſs, and Intreaty for my ſtay, together with the late very ill Weather, hath cauſed me to tranſgreſs my bounds; which I do wholly truſt to your Goodneſs to pardon, and do the more hope for it, becauſe it is the firſt time I ever offended you in this Nature. I do deſire, you will pleaſe to let me know how you and my Children do, and whether our Servant doth her Duty; likewiſe how our little one at Nurſe doth: And I deſire you alſo to ſend me ſome Mony ſpeedily, to bear my Charges to you. This is all at preſent, ſave only the Love and Duty of

Your moſt obedient,

and loving Wife,

E. D.

From

From an Aunt to her Neece.

Dear Neece,

YOur Parents being Dead, I would have you take notice that I ſhall take Care of you; therefore do not think your ſelf deſtitute in the World. On the other ſide, I would have you endeavour what you can for your ſelf, in an honeſt way; but want nothing that is fitting for you. Let me know at any time what you would have, and I ſhall furniſh you; either with Mony, or with Neceſſaries. Be careful you do not conſent to Marry with any Man, without my leave, for fear you make your ſelf Unhappy. I have ſent you a Bible, and twenty ſhillings in Mony by the Carryer. I pray let me know if you have received it or no. Be careful in the firſt place to ſerve God, and to pleaſe thoſe whom you ſerve; and you ſhall never be forgotten by

Your moſt Affectionate Aunt,

M. C.

The-

The Anſwer.

Honoured Aunt,

I Never doubted of your Kindneſs; but could not have expected ſo much as you are pleaſed to ſhew me, becauſe I know I have never deſerved it: But ſince I know your Care for me, I do aſſure you that it ſhall cauſe me to be more careful of my ſelf. I have received the Mony and the Bible, and do give you moſt humble and hearty Thanks for them. My Lady finds little or no fault with me, therefore I preſume I do pleaſe her. I have not an over-ſtock of Cloaths, neither can I complain of much want; yet if I had a new and faſhionable Gown it would do me Credit. I have ſomewhat towards it, and if you pleaſe to make it up, I ſhall be the more bound to pray for you; becauſe no Body is now eſteemed without fine Cloaths. For my Marrying with any one without your Conſent, I ſhall not be ſo mad; neither do I think any man will as yet be troubled with me. When you think it is time, I had rather take your Choice than my own: In the mean time, I ſhall endeavour only to perform

what

what I am obliged to; and to shew my Duty to you. Thus with the tender of my humblest Respects, and Service, I take leave humbly, and remain,

Dear Aunt,
Your most obliged Niece,
and most humble Servant.
E. C.

From a Widow to her Friend, desiring her Assistance.

Dear Friend,

I Stile you as I have alwaies found you: But now is the only trial of a Friend in this my necessity. It is not unknown to you the Charge which I have now upon me, and the many Troubles I am involved in; my Husband having had a long time of Sickness, and died in Debt; so that I have little or no Comfort in my life: Yet, if I had a Stock to begin, I could set up my own Trade, and live very well; but who to ask, besides your self I do not know, and how to ask you I cannot tell, having already been so much obliged to you; yet my Necessity enforces me to crave this one Favour from you, That you will please to lend to me 10 *l.* for the space of one whole year, and

and I will faithfully return it again with many Thanks. This if you will pleaſe to do, will give a new Life to

Your moſt faithful Friend,
to love and ſerve you.

The Anſwer.

Dear Friend,

I Am very ſorry for the occaſion of your ſad Letter, and ſhall not deny your Requeſt, in hopes that the grant thereof may make you happy: yet I do aſſure you, that were it any one elſe who did ſue to me upon ſuch an account I would deny them; for the World is ſo baſe, and Mony ſo hard to come by, that there is hardly any that will let Mony go out of their hands. I ſhall freely lend you ſo much, and for a longer time than you do propound; but I would fain ſpeak with you firſt, and adviſe you in your Way: Therefore do not delay the time, but come as ſoon as poſſible you can, and you ſhall find me then, and for ever,

Your moſt faithful Friend,
and ready to ſerve you.

From

From a Woman in Prison to her Friend, to help her.

Dear Friend,

I Suppose you have heard how wrongfully I have been dealt with since my Husbands departure; how they have accused me of what I was never guilty of, and cast me in Prison to my great Discredit, Charge and Detriment in the World. I do desire that loving favour of you as to come and see me, and to lend me a small sum towards the defraying of my Charges here, and then I make no doubt but I shall get quickly quit of this place. *Dear Friend*, Have pity on me, and if it ever lie in my power, I will restore you Seven-fold. Thus with my due Respects to you, desiring speedily to hear from you, I rest

Your true Friend and Servant.

The Answer.

Dear Friend,

I Am extream sorry for your Trouble, and do verily believe that you are much wronged, therefore I shall assist you in what I can. I have some business to dispatch this Week of great con-

cern,

cern, which will keep me in; but upon Monday next (God willing) I do intend to be with you, and anſwer your deſires: In the mean time I deſire you to comfort your ſelf, and to be aſſured that I am

Your loving Friend to ſerve you.

From a Seamans Wife to her Husband.

Dear Husband,

SInce your departure our little Boy is dead of the Small-Pox; and our Girl hath been ill too, but now I thank God ſhe is reaſonable well again. I deſire you will remember to bring me home ſome fine things for my Houſe. *Edward Long* alſo deſires that you will not forget what he ſpake to you for; as alſo Mrs. *Chappel.* We are very glad for your ſafe Arrival, and wiſh you a ſpeedy and ſafe return; but eſpecially

Your poor, but loving Wife.

From a Servant to her Miſtriſs, concerning her Charge.

Madam,

YOur ſweet Children, I thank God, are all very well, but think long for your coming-home. I have ſpoken with your Tenant, Goodman *Porter*, and he

he desires you should know that the Mony shall be ready for you at your Return; but as for the Widow *Totnham*, she hath had a great Loss lately, therefore she desires your Patience yet a while. I have no more at this time but the tender of my Duty and Service, beseeching you to believe that I am

Your obedient Servant.

A Letter of Complement from one Friend to another.

Honoured Friend,

THe last time I saw you, you laid on me such an obligation of Kindness as I fear I shall never be able to Requite; but I will endeavor what possible I can. I wish you would do me the Favour as to lay your Commands on me, then I should give you some proof of my Gratitude, and I know you are so good as that you will accept the Will for the Deed. I desire you will please, when you have a leisure time, to Honour me with your Company; of which I shall be proud as well as happy, and I presume our Air would do no harm, but rather good; you also add to the Favour, if you please to let me know a little before, that

that I may meet you ſome part of the way. Your God-ſon is very well, but is not able as yet to ſhew his Duty to you. I deſire you will pleaſe to bring little Miſs with you, and then I ſhall hope to enjoy your Company the longer; for I know you cannot be without her many daies. If you pleaſe to grant this, you will oblige her who is, and ever will be

Your moſt humble Servant.

The Ladies Anſwer.

Madam,

ALL that I have ever done, and can imagine to do, cannot merit the leaſt of your expreſſions; which if I did not believe to be Realities, I ſhould wrong you much, for I am very well acquainted with your temper. For your deſire of my coming to wait on you, I do aſſure you, you might have ſpared your Invitation, for I did intend to come however; and ſeeing it is your deſire that Miſs ſhould come too, ſhe ſhall wait on you with me. I cannot tell what day I ſhall come as yet; neither am I willing to tell you if I could; becauſe your free and noble heart will

be

be apt to transgress the bounds of my desires; else I should be very glad you should be satisfied when I would come: Sometime within this fortnight I shall not fail you; in the mean time these are to let you know that I am, and ever will be

Your truly devoted,
and humble Servant.

A Letter from a Mother to a Daughter, who had gone astray from her.

Susanna,

I Could never have believed I had had so wicked a Child, as you have proved your self in your late Actions: You have not only afflicted me, but utterly ruin'd your self, your Person and your Credit for ever. Had your Dear *Father* lived, you never durst have offered to think upon such Wickedness: His Severity kept you in awe, but my Indulgence hath spoiled you. What Cause had you justly to leave me? I cannot tell, nor imagine any; but only that bad Company (which I have often gave you warning of) I believe hath enticed you. You are my Child still, though never so bad, and I your Mother,

and if I thought you would be reclaimed, I would freely forgive you all that is paſt, for my heart ſtill yearns upon you; but if you reſolve to go on in Wickedneſs, think not of coming near me. Therefore bethink your ſelf ſpeedily, and let me know what you intend to do. I am yet

Your very loving, though very much afflicted Mother,

E. H.

The Daughters Anſwer to her Mother.

Dear, and Honoured Mother,

GOD forbid that your Indulgence to me ſhould be the Cauſe of my Miſcarriage. I do confeſs my Fault, and moſt humbly crave your pardon; which I deſire I may be aſſured of before I do return to you, elſe I know not with what face I ſhall look upon you. You are not at all deceived: It was that ill Company you warned me from, which did entice me upon pretence of going only to make Merry; but after I was gone from you, I ſoon perceived they would

would have quite ruin'd me; and I fear you do believe they have in part done so; but I do assure you, that no harm hath hapned to me, save your just displeasure for my coming away, and the discredit I have gotten by so doing. I staied not in their Company, after I found out their design, but gat me from them unawares, and would willingly have returned home, if I durst: Therefore be pleased to quiet your Thoughts, and do not think your Child is a Strumpet, although she hath done foolishly. If you please to receive me again, and freely to pardon me, you shall find that I will strive alwaies to shun the occasion of Evil, and ever be truly careful to obey you in all things. Therefore, *Dear Mother*, forgive your poor unworthy Child, and she will be alwaies bound to pray for you, and ever be

Your obedient Daughter.

M. H.

A Letter from a Gentleman to a Relation of his, wherein he doth advertiſe her of ſome Accuſations laid againſt her.

Madam,

I Chanced not long ſince to be in ſome Company, who, methought, did take a great deal of liberty to ſpeak of you; and indeed their language was ſuch, as I held it more wiſdom to employ my ſelf in a Book which lay by me, than to ſeem to obſerve, or to participate with them. I aſſure you, I minded not the Romance that was before me, but wholly employed my Ears to bring me (if poſſible) what the drift, and what the occaſion was of their Diſcourſe; but inſtead of ſatisfaction, they created in me a multitude of troubled Thoughts. I had ever an honourable eſteem of your Vertue, and have been ſo great an Admirer of your Perſon, and excelling Beauty, that I have ſuffered (though never known to you) great torment for your ſake. Love indeed did command me to commence my Sute to you; but the near Relation we have to each other forbad me: However, I know I did not tranſgreſs in continuing an innocent Love and

and Respect to you, and resolution to serve you in what might be in my power to do for you; also to vindicate your Honour upon all accounts. Now, *Madam*, perhaps you will say, Why did you not do so now, when you heard me Abused and Aspersed? Your pardon I beseech you for that. I Answer thus: I could most willingly have given that Person who most did villifie you, a Challenge, and would have been content to have lost my dear Blood for you, could I have had the happiness to hear from you how the business was: For to answer Mens Passions without the true ground of all, is rash and vain. I presume it will oblige, though not please you, to have this intimation: and it will oblige me more to hear from you, what might be the occasion of this. I doubt not but you will deal candidly with me, which will teach me what I have yet to do. I blush to question you; but it will be no prejudice for you to Answer: therefore do him that Favour, as to receive a few Lines from your Hands, who is, and always must be, *Madam*,

Your truly devoted, and most humble Servant.

The Ladies Answer, in which she vindicates her self.

Most Honoured Sir,

YOU have done me great Honour in telling me of my Dishonour. I fear not to give you a full satisfaction of what you desire, but am infinitely concerned for your disturbance. What Person he was which was so free of his Speech, I presume will not, nay, I know, dares not affirm to my face. Such pitiful Cowards would be Cudgeld into better Manners: They are not worth a Challenge.

Sir, For those very high Expressions you are pleased to make of me, I am Conscious to my self, I never deserved them, therefore your Obligation is the greater. I have no way to requite it, but to return to you the same Respect you say you have for me. If you dare be confident that what I say is Truth, then believe, *Sir*, I never yet did transgress the bounds of Modesty. Had I yielded to his base Design, he had never branded my Honour. I am glad you commanded your Passion so well as not

to

to fight: It would have been a lasting Trouble to me, if you should have lost one drop of Bloud for my sake. Let me alone with him, I will get some sturdy Porter to Kick him for me. The scandal is great: but my Honour will be the greater when the Truth is known. Be pleased to do me the favour as to let me see you, and then I shall more amply give you an account. In the mean time I beg the esteem of being

Your most obliged Kinswoman,
and very humble Servant,
E. N.

From a Gentlewoman to her Father.

Honoured Sir,

I Should be unworthy of such a Father, if I did not by all means possible, endeavour to testifie my Duty to you, there being a double Obligation upon me since my dear Mothers death. Your absence is my great Grief, and much the greater because you are so far distant from me. I shall pray heartily for the dispatch of your business, and for your safe return: In the mean time, I shall observe the

Command you gave me. This, with the tender of my humble Duty, is all at present from, *Sir*,

Your most obedient Daughter.

From a Gentlewoman to her Uncle, who had the Charge of her.

Honoured Uncle,

COuld you know how unwilling I am to displease you, you would not have such fears when I am from you. I wish I could tell how to give you confidence of my Obedience, which I doubt not to testifie whenever I shall have the happiness to see you; and in relation to that desire of mine, I shall make as quick a dispatch of my business as is possible, and do not doubt but that you will be fully satisfied that I am,

Sir,

Your most affectionate Neece, and humble Servant.

From

From a Widow to her Landlord.

SIR,

I Beseech your Patience till Thursday next; when (God willing) I shall not fail to wait on you, and bring all that is due. I should have come before now, but that I was disappointed by those who faithfully promised me; and because I would not deceive you any longer, I have craved from a Friend to lend me some Mony to make up your sum: Therefore think not ill of this delay, but esteem me

Your honest Tenant,
and humble Servant.

From a Gentlewoman of Quality, to her Brother at Oxford.

Dear Brother,

THe content I have in the thoughts of your most pleasurable life, doth somewhat mitigate my Grief for your absence; yet when I am alone, and have none to condole with me, I hardly know how to satisfie my self. If you would be pleased to Write to me more frequently, it might much allay my Passion; for I should then fancy that I did Converse with you; nay,

and ſee you too; but I fear that your Studies will not admit you ſo much idle time as to think of me long, your Genius being wholly employed to hear the Sage Philoſophers, and the Muſes, which I do imagine cannot chooſe but be very delightful: However, be pleaſed to accept my dear Love and Reſpects, and believe that I am

Your moſt affectionate Siſter.

From a Gentlewoman, in Anſwer to a Letter from a Gentleman who Courted her.

SIR,

I Received your late Lines, which very much ſurprized me. The Expreſſions you are pleaſed to make, are very far greater than I am able to deſerve. I wiſh you would undeceive your ſelf; and if you have a true Reſpect for me, you muſt alſo be confident, that I will not tell you that which is not Truth. Believe me then, *Sir*, I have not that Fortune you hope for, and therefore ſhall not entertain one thought of giving any Countenance to your Suit. I know it is an ordinary thing, in theſe late Times, for Gentlemen, when they hear of a For-

Fortune, presently to make their Addresses to that Lady, or Gentlewoman, let her be as deformed, or unhandsom a Creature as is imaginable. And, for the most part, Women are apt to believe their abominable Flattery, when (God knows) it is their imagined Fortune they Court, and not their Person: And for fear any other should rob them of that Felicity they promise to themselves, they huddle up a Match; but when all things come to be made clear, they then begin to think how they shall quit themselves from that wicked Woman who so deceived them; when indeed they had no reason to complain, but of their own Covetous Humour: However he must now think of some way to advance himself, and leave this miserable Woman to shift for her self; and while he yet pretends great Kindness to her, he gathers up all the Mony he can to fit him for his Intentions; and if perchance he have not an opportunity to go out of the Land, but fears therefore to be persecuted by her, or her Relations, he then protests that she was never his lawful Wife; so, that unless she can bring a Certificate to Testifie when and where

she

ſhe was Married, he quite defeats her; and then is ſhe eſteemed no better than a Whore; others go away beyond Sea, and get employ there, and never think upon the Perſon whom he hath ſo highly injured, unleſs it be to laugh at her Miſery, and admiring his own Wit in ſerving of her ſo. If Women were of a more Jealous nature, and would conſider the Policy of Men, they might be generally happy; whereas now very few are ſo. I have ſeen and known ſo much, as it hath given me a ſufficient Caution to beware of them.

I am not in haſte to Marry. I will take deliberation, and crave Gods aſſiſtance and my Friends advice, before I proceed in any ſuch buſineſs: Therefore I do beſeech you not to take it ill, if my Anſwer correſpond not to your deſires. If you have Reſpect for me in that way, I am ſorry for it, becauſe I cannot Anſwer it. I am ſure there is nothing in my Perſon that is attractive, neither is my Fortune worthy one of your Quality and Eſtate. I have no more to ſay, but that I ſhall be very careful of my ſelf; and if you pleaſe to give your ſelf

no

no further trouble, but desist, I shall ever be

Your obliged Friend.

Another Letter from a Gentlewoman, to one who Courted her for his Mistress.

Unworthy Sir,

I Had scarce patience to read your Lines, after I perceived your base design; but perswading my self I might the better Answer you, I forced a forbearance of my Passion from tearing them.

Now know, *Sir*, that if you do not make me some satisfaction for this Dishonourable Sute of yours, by asking my pardon before some of my Friends, you shall receive your due reward for such Villany. If you have a mind to a Whore, there are enough without tempting of honest Women from their Husbands. Thus desiring you to consider what I have Written, and to have a care of your self for the future, least you meet with some Friends of hers

Who is not yours,

I have now done with the Letters, having given you the Forms of as many as may teach you all the reſt, that poſſible you may have occaſion for, and did here intend to have finiſhed my Book; but being unwilling to keep any thing from you, I here preſent you with a very good Receipt, how to make Wax-work; which if you carefully obſerve, it is a very ſufficient Direction.

How to make Wax-work.

RED-Lead is for Oranges. When your pure White-wax is melted take it off the fire, then put in ſo much of the fineſt Red-Lead as will make it of an Orange-colour, then wet your Moulds and pour it in; but be ſure that you ſtir it well together to mix it firſt. Red-Root is for all Reds, for red-Paſte; and that Root muſt be boiled in the Wax a while, till you find the Colour very good. For Pruons, a little Lamb-Black: For Rasberries, Lamb-black and Red-Lead together, ſo much of each as your diſcretion ſhall think fit. Vermillion for Fleſh-colour: Verdigreace for Willow

Willow-green: and if you put a little Turmerick to it, it will make a perfect Grass-green; Saffron also will do the same, and likewise Turmerick and Saffron, or either of them makes a Lemmon-colour; and also some kinds of Apples and Pears, and yellowish Plumbs; which when they are cast and cold, and taken out of the Moulds, you must colour them with a Pencil, with streaks and spots as you think fit, and with those Colours you think most natural for them. You must have all your Colours purely ground. Saffron or Turmerick will serve for any kind of Paste that should be Yellow, or for Cakes; but then you must white the bottoms of them, to make them look like Watersheets. If you observe well the Transparent Work you may take several Colours from those Rules; and if you would gild any thing of Wax-work, you have already the Rule in this Book punctually given.

To make the Moulds for the Wax-work.

Take Plaister of Parris, and mix it with Water, and make it like Paste, as much as will serve for half a Mould at a time; for you must do no more, because it will dry so fast; then lay it upon a Board, and what you will, have a Mould on upon it, and let it lie till it be dry, when you have done the one half of the Mould, then do the other.

Note, That whatsoever you lay upon your Plaister of Parris, to make the Mould, must be first anointed with Linseed Oil, or else it will stick so fast as you can never get it out again; and be sure to wet your Moulds very well in Water before you pour your Wax into them; and when you have pour'd it in, wave it up and down in your hand, that the Wax may run into every part of the Mould.

Now for Images; you must put every piece in its place, and tie it up, and fill the hollow place full with Water; and then pour it out, and pour in the Wax, and shake it about till it be reasonable cool; then take off the pieces from it, and order it as you think fit.

In

In the ſame manner you muſt ſhake your Sweet-Meats or Fruit, and when you find that it is a little cool, take off the one half of the Mould.

A very fine way to make the likeneſs of many ſeveral things in Wax, without the help of a Mould.

Melt pure White-Wax, and colour it for what you intend it; then take an Orange, Lemmon, Apple, Pear, Plumb, or any other Fruit which you fancy, and tie a ſtring to the ſtalk, and anoint your Fruit firſt with pure Sallad Oil, then let it down by the ſtring into the melted Wax, and preſently pull it up again, and hang it on a Line till it be cold; then with a hot knife cut it gently down each ſide, and take out the Fruit within; then heat your Knife again, and hold the two halves together, and cloſe them neatly with your hot Knife, and ſo you have the direct ſhape: You may do ſo with an Egg, if you firſt make a little hole at each end and blow out the meat, and then draw a ſtring through it with a knot at one end. Radiſhes

with

with their Green-tops look very prettily. Green-Peaſcods, Beans, Walnuts or ſmall Nuts, Cheſnuts, black and white-Puddings, Saucages, Diſhes, little Cups, Plates, or any thing almoſt that you can think of; for there is nothing which repreſents things more lively than Wax, if they that do it have skill for the Colours, or elſe it will look as unhandſomly.

To take the ſhape of your own Hand.

Have your Wax melted, and coloured Fleſh-colour, then dip your Hand as high as you would have it in pure Salad Oil, or rather anoint your Hand all over with a Feather, and when the vehement heat is out of the Wax, dip in your hand, and preſently pull it out again; and when it is cold take a hot knife, and cut it in ſuch places as that you may get out your hand, and cloſe it again with a hot knife. Thus you may alſo take the ſhape of your Legs.

For a Dead-body for the Face.

You must anoint it with Oil, and then pour the Wax all over it, and when it is cold take it off, and where you see it faulty, mend it with a hot knife: And if you would have the shape of the Arms, or of the Legs, you must dip them in, as I have said before.

For Eggs to be hard, and cut in quarters.

Take an Egg-shell, as I have said before, and when you have dipped it, and that it be cold, cut it with a hot knife in four quarters, then take the Yolk of a very hard Egg, and press it down gently into some Plaister of Parris, as before, half way; but first remember to Oil your Egg: when one half is made, then make the other, and then have melted Wax in a readiness of the colour of the Yolk of an hard Egg; and then when it is cold, cut it in four quarters and fasten them with a little strong Gum-water to the fore-said Whites. In this Wax-work you may represent a Fridays, or Lenten-Dinner, as well as a

Banquet;

Banquet, and both of them would do excellent well; but I would not wish to invite a Woman that is with Child to see it, for fear of harm. You may, if you please, mix a little pure Tallow in the melting of your Wax, to make it go the further. When you take the shape of any dead Face, you must put a little Clay round about by the Hair, to keep the melted Wax from running where you would not have it, else it will run very much to waste. I have known a living Bodies Face taken; but that must be with a great deal of Care; the Face being first well anointed with pure Oil, the Wax not too hot, the Eyes shut, and Clay, as in the other, to keep it off from their Hair; and be sure you make haste to make holes for the Mouth and Nostrils, for fear you stop the breath of the Party; then afterwards you may make the Eyes according to your discretion, and colour the Lips with a Pencil, with some Vermillion and Gum-water.

Now because you shall be excellent at this Art, I shall give you the knowledge of more Colours, and how to make some of them your selves, which may save you some Mony. These Directions, with your

your own Ingenuity, will make you perfect.

Orient Red Colour.

SPirit of Salt and Smalt mixed together, makes it of an Orient Red Colour.

Green.

Verdigreace and Argil ground together make it very well.

Yellow.

The yellow Chives in white Lillies, Saffron and Argil ground together very fine, make it excellently well.

Grass-Green.

The Liver of a Lamprey dried and ground very fine makes a perfect Grass-Green, and very durable: Also Yellow and Blew mixt together make a perfect Grass-Green.

Purple.

Purple.

The juyce of Bilberries mixed with Allom and Galls; and for a Murry take Roſſet.

The Berries of Buckthorn gathered green and dried, make a very fair Yellow.

Another for Green.

Take the Berries of Buckthorn when they are through ripe and black, bruiſe them in a Copper, or Braſs-Veſſel, and ſet it three or four daies in a warm place; then heat it a little upon a fire, and put into it ſome Allom-water; then preſs it forth, and keep it in a Bladder, and hang it up till it be dry.

A pure Black.

IT is made with the ſmoak of a Torch, held under any thing which is made of Tinn.

You may, if you pleaſe, waſh over your Wax-work when it is done, with a little Gum-Arabick Water if you would have them look gloſſie.

Date-

Date-Stones well burned upon a Colliers Hearth makes a pure Black; and ſo doth burnt Harts-Horn, and the Gall of a Neat ground together, and dried in a Shell in ſome ſhady places. Theſe are all very good for Black.

Burnt Ivory, or burnt White-bread is alſo good Black.

Note, That the ſmoak of a Torch or link, as I have ſaid, held under a Latten Baſen, is that which we call Lamb-black.

For Blew.

Take fine Litmoſe, ground with Ceruſe as pale or as deep as you pleaſe, by putting in more or leſs of either of them. Alſo two parts of Ceruſe, and one of Red-Lead doth make a perfect Crane-colour.

For a Dark Red.

Take Turnſoil-Raggs, and let them boil in the Wax for a while, till you find the Colour to your mind.

To make Spaniſh-white, which may ſave your Many; for much of that is uſed in all Houſes generally.

Take two parts of fine Chalk, and one part of Allom, grind them with fair-Water till it be thick like Pap; then roul it up into Balls, letting it lie till it be dry; then put it into a clear Fire till it be red-hot; then take it out and let it cool, and keep it for your uſe.

I Shall Conclude with ſome Obſervations, which I deſire thoſe, who deſire to be good Work-women, will take notice of; becauſe whatever they employ themſelves in, they may be able to give an account of, and not work Nonſence. If they obſerve theſe Directions I give them, they may be able to teach them who are to Draw them.

I have ſeen ſuch Ridiculous things done in Work, as is an abomination to any Artiſt to behold. As for Example: You may find in ſome Pieces, *Abraham* and *Sarah*, and many other Perſons of Old

Old time, Cloathed as they go now adaies, and truly sometimes worse; for they most resemble the Pictures in Ballads. Let all Ingenious Women have regard, that when they work any Image, to represent it aright. First let it be Drawn vvell, and then observe the Directions which are given by Knowing Men. I do assure you, I never durst work any Scripture-Story vvithout informing my self from the Ground of it; nor any other Story, or single Person, without informing my self both of the Visage and Habit; As followeth:

If you Work *Jupiter*, *the Imperial feigned God*, He must have long Black-Curled-hair, a Purple Garment trimmed with Gold, and sitting upon a Golden Throne, with bright yellow Clouds about him.

Mercury, *the Messenger of the Gods.*

With long Yellow Hair Curled, in a Coat of Flame Colour, with a pure white Mantle, trimmed with Gold and Silver, his Beaver white, and vvhite Feathers like Wings; his Shoes Golden, and his Rod of Silver.

Apollo, *the Physical God.*

With long Curled yellow Hair, with a Lawrel Wreath, a Purple Robe, a Silver Bow, a Golden Harp, and a Throne of Emraulds.

Neptune, *the God of the Sea.*

With long hoary Hair, a blew or Sea-green Mantle trimmed with Silver, riding in a blew Chariot, or upon a Dolphin of a Brown-black colour, with a Silver Trident in his Right-hand.

Pluto, *the God of Riches.*

With Black Curl'd Hair, in a Robe of Cloath of Gold.

Bacchus *the God of Wine.*

With Curl'd Brown Hair, Cloathed in a Leopards Skin spotted, or in a green Mantle, Crown'd with a Wreath of Ivy, or Vine-Branches; his Complexion Tawny.

Hymen, *the God of Marriage.*

With long Yellow Hair, in a Purple or Saffron coloured Mantle.

Vulcan, *the Deified Black-Smith.*

Let him be Cloathed in a Scarlet-Robe.

Genius.

In a Purple Mantle, fringed with Gold.

Sleep.

Sleep.

In a White Mantle cast over a Black.

Cupid.

In a Green Robe.

Minos, *one of the Judges of Hell.*

His Curuseers to be of Gold, his Robe Blew and Silver, his Buskins of Gold; vvith long Curl'd Brown Hair, and Crown'd with a Golden Crown.

Momus, *the Carping God.*

With a Dark-coloured Robe, the hair of his Beard must be Party-coloured.

Goddesses.

Juno, *the Queen of the Goddesses.*

With black Hair, and black Eyes, with a Skie-coloured Mantle wrought vvith Gold and Peacocks Eyes.

Diana, *the Virgin Goddess.*

With yellow Hair, a Grass-green mantle trimmed with Silver, Buskins of Silver, a Golden Bow, and a painted Quiver.

Pallas, *the Goddess of Wisdom.*

With a Blew Mantle, embroidered with Silver.

Venus, *the beautiful Goddess.*

With Gold yellow Hair, attired with Black, a Scarlet Robe, and a Dove-colour or Watchet Mantle.

Ceres, *the Goddess of Corn.*

With yellow Hair, and a Straw-colour Mantle, trimmed with Silver.

Tellus, *the Goddess of the Earth.*

In a Green Mantle.

Proserpine, *Queen of Hell.*

In a black Mantle trimmed with Gold flames.

Aurora.

In a Purple Robe, and a blew Mantle fringed with Silver.

Urania, *one of the Muses.*

In a Mantle of Azure, filled with Lamps.

Vesta, *Daughter to* Saturn.

In White Garments, filled with Flames.

Astrea, *the Goddess of Justice.*

In a Crimson Mantle, trimmed with Silver.

Flora, *the Goddess of Flowers.*

In a Mantle of Divers Colours: And *Night*; In a black Mantle, spotted about with Stars of Gold.

Ceres,

Ceres, *the Enchantress.*

Her under garment Gold, the ground Green, the Mantle Purple, the three Graces in Silver Robes.

The Twelve Months of the Year.

March:

Is drawn in Tawny, with a fierce aspect, a Helmet upon his head, and leaning on a Spade, and a Basket of Garden Seeds in his Left hand, and in his Right hand the Sign of *Aries*: And Winged.

April.

A Young Man in Green, with a Garland of Mirtle, and Hawthorn-Buds; Winged; in one hand Primroses and Violets, in the other the Sign *Taurus.*

May.

With a sweet and lovely Countenance, clad in a Robe of White and Green, embroidered with several Flowers, upon his Head a garland of all manner of Roses; on the one hand a Nightingale, in the other a Lute. His Sign must be *Gemini.*

June.

In a Mantle of dark Grass-green, upon his Head a garland of Bents, Kings-Cups, and Maiden-hair; in his Left hand an

Angle

Angle, with a box of Cantharides, in his Right the Sign *Cancer*, and upon his arms a Basket of ſeaſonable Fruits.

July.

In a Jacket of light Yellow, eating Cherries; with his Face and Boſom Sun-burnt; on his Head a Wreath of Centaury and wild Tyme; a Seith on his ſhoulder, and a Bottle at his girdle: carrying the Sign *Leo.*

Auguſt.

A Young Man of fierce and Cholerick aſpect, in a Flame-coloured Garment; upon his Head a garland of Wheat and Rye, upon his Arm a Basket of all manner of ripe Fruits, at his Belt a Sickle. His Sign *Virgo.*

September.

A merry and chearful Countenance, in a Purple Robe, upon his Head a Wreath of red and white Grapes, in his Left hand a handful of Oats, withal carrying a Horn of Plenty, full of all manner of ripe-Fruits, in his Right hand the Sign *Libra.*

October.

In a Garment of Yellow and Carnation, upon his head a garland of Oak-

leaves

leaves with Akorns, in his Right hand the Sign *Scorpio*, in his Left hand a Basket of Medlars, Services, and Chesnuts; and any other Fruits then in Season.

November.

In a Garment of Changable Green and Black upon his Head, a garland of Olives with the Fruit in his Left hand, Bunches of Parsnips and Turnips in his Right. His Sign *Sagittarius.*

December.

A horrid and fearful aspect, clad in Irish-Rags, or course Freez girt unto him, upon his Head three or four Night-Caps, and over them a Turkish Turbant; his Nose red, his Mouth and Beard clog'd with Isicles, at his back a bundle of Holly, Ivy or Misletoe, holding in fur'd Mittens the Sign of *Capricornus.*

January.

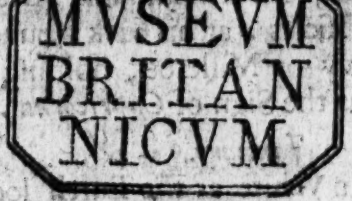
Clad all in White, as the Earth looks with the Snow, blowing his Nails; in his Left Arm a Billet, the Sign *Aquarius* standing by his side.

February.

Cloathed in a dark Skie-colour, carrying in his Right hand the Sign *Pisces.*

Ladies

LADIES, I hope your pleas'd, and so
If what I've Writ, you may be gainers by: (*shall I,*
If not; it is your fault, it is not mine,
Your benefit in this I do design.
Much labour and much time it hath me cost,
Therefore I beg, let none of it be lost.
The Mony you shall pay for this my Book,
You'l not repent of, when in it you look.
No more at present to you I shall say,
But wish you all the happiness I may.



H. W.

FINIS.